Digby. K.

THE CLOSET

Of the Eminently Learned

Sir *Kenelme Digbie* Kt.

OPENED:

Whereby is DISCOVERED

Several ways for making of

Metheglin, Sider, Cherry-Wine, &c.

TOGETHER WITH

Excellent Directions

FOR

COOKERY:

As also for

Preserving, Conserving, Candying, &c.

Published by his Son's Consent.

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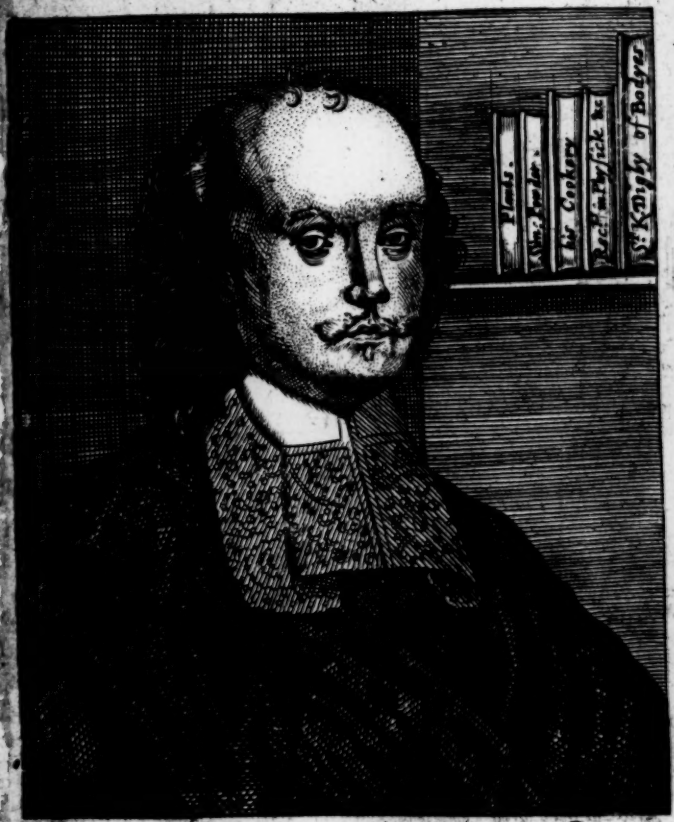

The truly Learned and Honoble
Sr. Kenelme Digby Kt. Chancellor
to the Q: Mother
Aged 62.

Gross Sculpsit

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MVSEVM
BRITAN
NICVM

4 B B h

To the Reader.

THis *Collection full of pleaſing variety, and of ſuch uſefulneſs* in the Generality *of it*, to the Publique, *coming to my hands, I ſhould, had I forborn the Publication thereof, have treſpaſſed in a very conſiderable concern upon my Countrey-men, The like having not in every particular appeared in Print in the* Engliſh *tongue. There needs no Rhetoricating Floſcules to ſet it off. The Authour, as is well known, having been a Perſon of Eminency for his Learning, and of Exquiſite Curioſity in his Reſearches, Even that Incomparable Sir* Kenelme Digbie *Knight, Fellow of the* Royal Society *and* Chancellour *to the* Queen Mother, (Et omen in Nomine) *His name does ſufficiently Auſpicate the Work. I ſhall only therefore add, That there is herein (as by the Table hereunto affix'd will* evidently *to* thee *appear*) *a ſufficiency of Solids*

as

as well as Liquids for the ſating the Curioſities of each or the niceſt Palate; and according to that old Saw in the Regiment of Health, Incipe cum Liquido, &c. *The Liquids premitted to the Solids. Theſe being ſo Excellent in their kinde, ſo beneficial and ſo well ordered, I think it unhandſome, if not injurious, by the trouble of any further Diſcourſe, to detain thee any longer from falling to; Fall to therefore, and much good may it do thee,*

Fare-well.

A Receipt to make Metheglin as it is made at Liege, *Communicated by Mr.* Maſillon.

TAke one Meaſure of Honey, and three Meaſures of Water, and let it boil till one meaſure be boiled away, ſo that there be left three meaſures in all; as for Example, take to one Pot of Honey, three Pots of Water, and let it boil ſo long, till it come to three Pots. During which time you muſt Skim it very well as ſoon as any ſcum riſeth; which you are to continue till there riſe no ſcum more. You may, if you pleaſe, put to it ſome ſpice, to wit, Cloves and Ginger; the quantity of which is to be proportioned according as you will have your Meath, ſtrong, or weak. But this you do before it begin to boil. There are ſome that put either Yeaſt of Beer, or Leaven of bread into it, to make it work. But this is not neceſſary at all; and much leſs to ſet it into the Sun. Mr. *Maſillon* doth neither the one nor the other. Afterwards for to Tun it, you muſt let it grow Luke-warm, for to advance it. And if you do intend to keep your Meathe a long time, you may put into it ſome hopps on this faſhion. Take to every Barre of

Meathe a Pound of Hops without leaves, that is, of Ordinary Hops used for Beer, but well cleansed, taking only the Flowers, without the Green-leaves and stalks. Boil this pound of Hops in a Pot and half of fair water, till it come to one Pot, and this quantity is sufficient for a Barrel of Meathe. A Barrel at *Liege* holdeth ninety Pots, and a Pot is as much as a Wine quart in *England*. (I have since been informed from *Liege*, that a Pot of that Countrey holdeth 48 Ounces of Apothecary's measure: which I judge to be a Pottle according to *London* measure, or two Wine-quarts.) When you Tun your Meath, you must not fill your Barrel by half a foot, that so it may have room to work. Then let it stand six weeks slightly stopped; which being expired, if the Meath do not work, stop it up very close. Yet must you not fill up the Barrel to the very brim. After six Months you draw off the clear into another Barrel, or strong Bottles, leaving the dregs, and filling up your new Barrel, or Bottels, and stopping it or them very close.

The Meath that is made this way, (*Viz.* In the Spring, in the Month of *April* or *May*, which is the proper time for making of it,) will keep many a year.

White

White Metheglin of my Lady Hungerford: *which is exceedingly praiſed.*

Take your Honey, and mix it with fair water, until the Honey be quite diſſolved. If it will bear an Egge to be above the liquor, the breadth of a groat, it is ſtrong enough; if not, put more Honey to it, till it be ſo ſtrong; Then boil it, till it be clearly and well skimmed; Then put in one good handful of Strawberry-leaves, and half a handful of violet leaves; and half as much Sorrel: a Douzen tops of Roſemary; four or five tops of Baulme-leaves: a handful of Harts-tongue, and a handful of Liver-worth; a little Thyme, and a little Red-ſage; Let it boil about an hour; then put it into a Woodden Veſſel, where let it ſtand, till it be quite cold; Then put it into the Barrel; Then take half an Ounce of Cloves, as much Nutmeg; four or five Races of Ginger; bruiſe it, and put it into a fine bag, with a ſtone to make it ſink, that it may hang below the middle: Then ſtop it very cloſe.

The Herbs and Spices are in proportion for ſix Gallons.

Since my Lady *Hungerford* ſent me this Receipt, ſhe ſent me word, that ſhe now uſeth (and liketh better) to make the Decoction of Herbs before you put the Honey to it. This

Proportion of Herbs is to make six Gallons of Decoction, so that you may take eight or nine Gallons of water. When you have drawn out into your water, all the vertue of the Herbs, throw them away, and take the clear Decoction (leaving the settlings) and when it is Lukewarm, Dissolve your proportion of Honey in it. After it is well dissolved and laved with strong Arms or woodden Instruments, like Battle-doors or Scoops, boil it gently, till you have taken away all the scum; then make an end of well boyling it, about an hour in all. Then pour it into a wooden vessel, and let it stand till it be cold. Then pour the clear through a Sieve of hair, ceasing pouring when you come to the foul thick settling. Tun the clear into your vessel, (without Barm) and stop it up close, with the Spices in it, till you perceive by the hissing that it begins to work. Then give it some little vent, else the Barrel would break. When it is at the end of the working, stop it up close. She useth to make it at the end of Summer, when she takes up her Honey, and begins to drink it in Lent. But it will be better if you defer piercing it till next Winter. When part of the Barrel is drunk, she botteleth the rest, which maketh it quicker and better. You clear the Decoction from the Herbs by a Hair-sieve.

Some

Some Notes about Honey.

The Honey of dry open Countries, where there is much Wild-thyme, Rosemary, and Flowers, is best. It is of three sorts, Virgin-honey, Life-honey, and Stock-honey. The first is the best. The Life-honey next. The Virgin honey is of Bees, that swarmed the Spring before, and are taken up in Autumn; and is made best by chusing the Whitest combs of the Hive, and then letting the Honey run out of them lying upon a Sieve without pressing it, or breaking of the Combs. The Life-honey is of the same Combs broken after the Virgin-honey is run from it; The Merchants of Honey do use to mingle all the sorts together. The first of a Swarm is called Virgin-honey. That of the next year, after the Swarm was hatched, is Life-honey. And ever after, it is Honey of Old-stocks. Honey that is forced out of the Combs, will always taste of Wax. *Hampshire* Honey is most esteemed at *London*. About *Bisleter* there is excellent good. Some account *Norfolk* honey the best.

Mr. Corselliſes Antwerp *Meath*.

To make good Meath, good White and thick *Marsilian* or *Provence*-honey is best; and of that, to four *Holland* Pints (the *Holland* Pint

is very little bigger then the *Engliſh* Wine-pint:) of Water, you muſt put two pound of Honey; The Honey muſt be ſtirred in Water, till it be all melted; If it be ſtirred about in warm water, it will melt ſo much the ſooner.

When all is diſſolved, it muſt be ſo ſtrong that an Egge may ſwim in it with the end upwards. And if it be too ſweet or too ſtrong, becauſe there is too much Honey; then you muſt put more water to it; yet ſo, that, as above, an Hens Egge may ſwim with the point upwards: And then that newly added water muſt be likewiſe well ſtirred about, ſo that it may be mingled all alike. If the Eggs ſink (which is a token that there is not honey enough) then you muſt put more Honey to it, and ſtir about, till it be all diſſolved, and the Eggs ſwim, as aboveſaid. This being done, it muſt be hanged over the fire, and as it beginneth to ſeeth, the ſcum, that doth ariſe upon it, both before and after, muſt be clean skimed off. When it is firſt ſet upon the fire, you muſt meaſure it firſt with a ſtick, how deep the Kettel is, or how much Liquor there be in it; and then it muſt boil ſo long, till one third part of it be boiled away. When it is thus boiled, it muſt be poured out into a Cooler, or open veſſel, before it be tunned in the Barrel; but the Bung-hole muſt be left open, that it may have vent. A veſſel, which hath ſerved for Sack is beſt.

To

To make excellent Meathe.

To every quart of Honey, take four quarts of water. Put your water in a clean Kettle over the fire, and with a ſtick take the juſt meaſure, how high the water cometh, making a notch, where the ſuperficies toucheth the ſtick. As ſoon as the water is warm, put in your Honey, and let it boil, skiming it always, till it be very clean; Then put to every Gallon of water, one pound of the beſt Blew-raiſins of the Sun, firſt clean picked from the ſtalks, and clean waſhed. Let them remain in the boiling Liquor, till they be throughly ſwollen and ſoft; Then take them out, and put them into a Hair-bag, and ſtrain all the juice and pulp and ſubſtance from them in an Apothecaries Preſs; which put back into your liquor, and let it boil, till it be conſumed juſt to the notch you took at firſt, for the meaſure of your water alone. Then let your Liquor run through a Hair-ſtrainer into an empty Woodden-fat, which muſt ſtand endwiſe, with the head of the upper-end out; and there let it remain till the next day, that the liquor be quite cold. Then Tun it up into a good Barrel, not filled quite full, but within three or four fingers breadth; (where Sack hath been, is the beſt) and let the bung remain open for ſix weeks with a double bolter-cloth lying upon it, to

keep out any foulneſs from falling in. Then ſtop it up cloſe, and drink not of it till after nine months.

This Meathe is ſingularly good for a Conſumption, Stone, Gravel, Weak-ſight, and many more things. A Chief Burgomaſter of *Antwerpe*, uſed for many years to drink no other drink but this; at Meals and all times, even for pledging of healths. And though He were an old man, he was of an extraordinary vigor every way, and had every year a Child, had always a great appetite, and good digeſtion; and yet was not fat.

A weaker, but very pleaſant, Meathe.

To every quart of Honey take ſix of water; boil it till $\frac{1}{3}$ be conſumed, skiming it well all the while. Then pour it into an open Fat, and let it cool. When the heat is well ſlakened, break into a Bowl-full of this warm Liquor, a New-laid-egge, beating the yolk and white well with it; then put it into the Fat to all the reſt of the Liquor, and ſtir it well together, and it will become very clear. Then pour it into a fit very clean Barrel, and put to it ſome Mother of Wine, that is in it's beſt fermentation or working, and this will make the Liquor work alſo. This will be ready to drink in three or four Months, or ſooner.

An Excellent white Meathe.

Take one Gallon of Honey, and four of water; Boil and ſcum them till there riſe no more ſcum; then put in your Spice a little bruiſed, which is moſt of Cinnamon, a little Ginger, a little Mace, and a very little Cloves. Boil it with the Spice in it, till it bear an Egge. Then take it from the fire, and let it Cool in a Woodden veſſel, till it be but lukewarm; which this quantity will be in four or five or ſix hours. Then put into it a hot toſt of White-bread, ſpread over on both ſides, pretty thick with freſh barm; that will make it preſently work. Let it work twelve hours, cloſe covered with Cloves. Then Tun it into a Runlet wherein Sack hath been, that is ſomewhat too big for that quantity of Liquor; for example, that it fill it not by a Gallon; You may then put a little Limon-pill in with it. After it hath remained in the veſſel a week or ten days, draw it into Bottles. You may begin to drink it after two or three Months: But it will be better after a year, It will be very ſpritely and quick and pleaſant and pure white.

A Receipt to make a Tun of Metheglin.

Take two handfuls of Dock (*aliàs* wild Carrot) a reaſonable burthen of Saxifrage, Wild-

ſage,

ſage, Blew-button, Scabious, Bettony, Agrimony, Wild-marjoram, of each a reaſonable burthen; Wild-thyme a Peck, Roots and all. All theſe are to be gathered in the fields, between the two Lady days in Harveſt. The Garden-herbs are theſe; Bay-leaves, and Roſemary, of each two handfuls; A Sieveful of Avens, and as much Violet-leaves: A handful of Sage; three handfuls of Sweet-Marjoram. Three Roots of young Borrage, leaves and all, that hath not born ſeed; Two handfuls of Parſley-roots, and all that hath not born Seed. Two Roots of Elecampane that have not ſeeded: Two handfuls of Fennel that hath not ſeeded: A peck of Thyme; waſh and pick all your herbs from filth and graſs: Then put your field herbs firſt into the bottom of a clean Furnace, and lay all your Garden-herbs thereon; then fill your Furnace with clean water, letting your herbs ſeeth, till they be ſo tender, that you may eaſily ſlip off the skin of your Field-herbs, and that you may break the roots of your Garden-herbs between your Fingers. Then lade forth your Liquor, and ſet it a cooling. Then fill your Furnace again with clean water to theſe Herbs, and let them boil a quarter of an hour. Then put it to your firſt Liquor, filling the Furnace, until you have ſufficient to fill your Tun. Then as your Liquor begins to cool, and

is

is almoſt cold, ſet your ſervants to temper Honey and wax in it, Combs and all, and let them temper it well together, breaking the Combes very ſmall; let their hands and nails be very clean; and when you have tempered it very well together, cleanſe it through a cleanſing ſieve into another clean veſſel; The more Honey you have in your Liquor, the ſtronger it will be. Therefore to know, when it is ſtrong enough, take two New-laid eggs, when you begin to cleanſe, and put them in whole into the bottome of your cleanſed Liquor; And if it be ſtrong enough, it will cauſe the Egge to aſcend upward, and to be on the top as broad as ſix-pence; if they do not ſwim on the top; put more.

The Counteſs of Bullingbrook's *white Metheglin.*

Take eight Gallons of Conduit-water, and boil it very well; then put as much Honey in it, as will bear an Egge, and ſtir it well together. Then ſet it upon the fire, and put in the whites of four Eggs to clarifie it; And as the ſcum riſeth, take it off clean: Then put in a pretty quantity of Roſemary, and let it boil, till it taſteth a little of it: Then with a Scummer take out the Roſemary, as faſt as you can, and let it boil half a quarter of an hour; put it into earthen pans to cool; next morning put it into

into a barrel, and put into it a little barm, and an Ounce of Ginger ſcraped and ſliced; And let it ſtand a Month or ſix Weeks. Then bottle it up cloſe; you muſt be ſure not to let it ſtand at all in Braſs.

Mr. Webbes *Meath.*

Maſter *Webbe*, who maketh the Kings Meathe, ordereth it thus. Take as much of *Hyde-park* water as will make a Hogſhead of Meathe. Boil in it about two Ounces of the beſt Hopp's for about half an hour. By that time, the water will have drawn out the ſtrength of the Hopp's. Then skim them clean off, and all the froth, or whatever riſeth of the water. Then diſſolve in it warm, about one part of Honey to ſix of water: Lave and beat it, till all the Honey be perfectly diſſolved; Then boil it, beginning gently, till all the ſcum be riſen, and ſcummed away. It muſt boil in all about two hours. Half an hour, before you end your boiling, put into it ſome Roſemary-tops, Thyme, Sweet-marjorame, one Sprig of Minth, in all about half a handful, and as much Sweet-bryar-leaves as all theſe; in all, about a handful of herbs, and two Ounces of ſliced Ginger, and one Ounce of bruiſed Cinamon. He did uſe to put in a few Cloves and Mace; But the King did not care for them. Let all theſe boil about half an hour,

then ſcum them clean away; and preſently let the Liquor run through a ſtrainer-cloth into a Kiver of wood, to cool and ſettle. When you ſee it is very clear and ſettled, lade out the Liquor into another Kiver, carefully, not to raiſe the ſettlings from the bottom. As ſoon as you ſee any dregs begin to riſe, ſtay your hand, and let it remain unſtirred, till all be ſettled down. Then lade out the Liquor again, as before; and if need be, change it again into another Kiver: all which is done to the end no dregs may go along with the Liquor in running it into the veſſel. When it is cold and perfect clear, tun it into a Cask, that hath been uſed for Sack, and ſtop it up cloſe, having an eye to give it a little vent, if it ſhould work. If it caſt out any foul Liquor in working, fill it up always preſently with ſome of the ſame liquor, that you have kept in bottles for that end. When it hath wrought, and is well ſettled (which may be in about two months or ten weeks) draw it into Glaſs-bottles, as long as it comes clear; and it will be ready to drink in a Month or two: but will keep much longer, if you have occaſion: and no dregs will be in the bottom of the bottle.

He ſince told me, that to this Proportion of Honey and water, to make a Hogſhead of Meathe, you ſhould boil half a pound of Hopps in the water, and two good handfuls of Herbs;

and

and ſix Ounces of Spice of all ſorts: All which will be mellowed and rotted away quite, (as well as the luſhiouſneſs of the Honey) in the ſpace of a year or two. For this is to be kept ſo long before it be drunk.

If you would have it ſooner ready to drink, you may work it with a little yeaſt, when it is almoſt cold in the Kiver: and Tun it up as ſoon as it begins to work, doing afterwards as is ſaid before; but leaving a little vent to purge by, till it have done working. Or in ſtead of yeaſt, you may take the yolks of four New-laid-eggs, and almoſt half a pint of fine Wheat-flower, and ſome of the Liquor you have made: beat them well together, then put them to the Liquor in the Cask, and ſtop it up cloſe, till you ſee it needful, to give it a little vent.

Note, that yeaſt of good Beer, is better then that of Ale.

The firſt of *Septemb.* 1663. Mr. *Webb* came to my Houſe to make ſome for Me. He took fourty three Gallons of water, and fourty two pounds of *Norfolk* honey. As ſoon as the water boiled, He put into it a ſlight handful of Hops; which after it had boiled a little above a quarter of an hour, he skimed off; then put in the honey to the boyling water, and preſently a white ſcum roſe, which he skimed off

ſtill

ſtill as it roſe; which skiming was ended in little above a quarter of an hour more. Then He put in his herbs and ſpices, which were theſe: Roſe-mary, Thyme, Winter-ſavory, Sweet-marjoram, Sweet-bryar-leaves, ſeven or eight little Parſley-roots: There was moſt of the Savoury, and leaſt of the Eglantine, three Ounces of Ginger, one Ounce and a half of Cinnamon, five Nutmegs (half an Ounce of Cloves he would have added, but did not,) And theſe boiled an hour and a quarter longer; in all from the firſt beginning to boil, ſomewhat leſs then two hours: Then he preſently laded it out of the Copper into Coolers, letting it run through a Hair-ſieve: And ſet the Coolers ſhelving (tilted up) that the Liquor might afterwards run the more quietly out of them. After the Liquor had ſtood ſo about two hours, he poured or laded out of ſome of the Coolers very gently, that the dregs might not riſe, into other Coolers. And about a pint of very thick dregs remained laſt in the bottom of every Cooler. That which ran out, was very clear: After two hours more ſettling, (in a ſhelving ſituation,) He poured it out again into other Coolers; and then very little dregs (or ſcarce any in ſome of the Coolers) did remain. When the Liquor was even almoſt cold, He took the yolks of three New-laid-eggs, a ſpoonful of fine white flower,

er, and about half a pint of new freſh barm of good ſtrong Beer (you muſt have care that your barm be very white and clean, not ſullied and foul, as is uſual among ſlovenly Brewers in *London*) Beat this very well together, with a little of the Liquor in a skiming diſh, till you ſee it well incorporated, and that it beginneth to work. Then put it to a pailful (of about two Gallons and a half) of the Liquor, and mingle it well therewith. Then leave the skiming diſh reverſed floating in the middle of the Liquor, and ſo the yeſt will work up into and under the hollow of the diſh, and grow out round about the ſides without. He left this well and thick covered all night, from about eleven a clock at night; And the next morning, finding it had wrought very well, He mingled what was in the Pail with the whole proportion of the Liquor, and ſo Tunned it up into a Sack-cask. I am not ſatisfied, whether he did not put a ſpoonful of fine white good Muſtard into his Barm, before he brought it hither, (for he took a pretext to look out ſome pure clean white barm) but he proteſted, there was nothing mingled with the barm, yet I am in doubt. He confeſſed to me that in making of Sider, He put's in half as much Muſtard as Barm; but never in Meathe. The fourth of *September* in the morning, he Bottled up into Quart-bottles the two leſſer Rundlets of this

this Meathe (for he did Tun the whole quantity into one large Rundlet, and two little ones) whereof the one contained thirty Bottles; and the other, twenty two. There remained but little ſettling or dregs in the Bottom's of the Barrels, but ſome there was. The Bottles were ſet into a cool Cellar, and He ſaid they would be ready to drink in three weeks. The Proportion of Herbs and Spices is this; That there be ſo much as to drown the luſcious ſweetneſs of the Honey; but not ſo much as to taſte of herbs or ſpice, when you drink the Meathe. But that the ſweetneſs of the honey may kill their taſte: And ſo the Meathe have a pleaſant taſte, but not of herbs, nor ſpice, nor honey. And therefore you put more or leſs according to the time you will drink it in. For a great deal will be mellowed away in a year, that would be ungratefully ſtrong in three months. And the honey that will make it keep a year or two, will require a triple proportion of ſpice and herbs. He commends Parſley-roots to be in greateſt quantity, boiled whole, if young; but quartered and pithed, if great and old.

My own Conſiderations for making of Meathe.

Boil what quantity of Spring-water you pleaſe, three or four walms, and then let it ſettle twenty four hours, and pour the clear from

the ſettling. Take ſixteen Gallons of the clear, and boil in it ten handfuls of Eglantine-leaves, five of Liverwort, five of Scabious, four of Baulm, four of Roſemary; two of Bayleaves; one of Thyme, and one of Sweet-marjoram, and five Eringo-roots ſplirted. When the water hath drawn out the vertue of the herbs (which it will do in half an hours boiling,) let it run through a ſtrainer or ſieve, and let it ſettle ſo, that you may pour the clear from the Dregs. To every three Gallons of the Clear, take one of Honey, and with clean Arms ſtripped up, lade it for two or three hours, to diſſolve the honey in the water; lade it twice or thrice that day. The next day boil it very gently to make the ſcum riſe, and ſcum it all the while, and now and then pour to it a ladle full of cold water, which will make the ſcum riſe more: when it is very clear from ſcum, you may boil it the more ſtrongly, till it bear an Egge very high, that the breadth of a groat be out of the water, and that it boil high with great walms in the middle of the Kettle: which boiling with great Bubbles in the middle is a ſign it is boiled to it's height. Then let it cool till it be Lukewarm, at which time put ſome Ale-yeſt into it, to make it work, as you would do Ale. And then put it up into a fit Barrel firſt ſeaſoned with ſome good ſweet White-wine (as Canary-ſack) and

keep

keep the bung open, till it have done working, filling it up with ſome ſuch honey-drink warmed, as you find it ſink down by working over. When it hath almoſt done working, put into it a bag of thin ſtuff (ſuch as Bakers uſe to bolt in) faſtned by a Cord at the bung, containing two parts of Ginger-ſliced, and one apiece of Cinamon, Cloves and Nutmegs, with a Pebble-ſtone in it to make it ſink; And ſtop it up cloſe for ſix Months or a year, and then you may draw it into Bottles. If you like Cardamom-ſeeds, you may adde ſome of them to the ſpices. Some do like Mint exceedingly to be added to the other herbs. Where no yeaſt is to be had, The Liquor will work if you ſet it ſome days in the hot Sun (with a cover, like the roof of a houſe over it, to keep wet out, if it chance to rain) but then you muſt have great care, to fill it up, as it conſumeth, and to ſtop it cloſe a little before it hath done working, and to ſet it then preſently in a Cool Cellar. I am told that the Leaven of bread will make it work as well as yeſt, but I have not tryed it. If you will not have it ſo ſtrong, it will be much ſooner ready to drink; As if you take ſix parts of water to one of Honey. Some do like the drink better without either herbs or ſpices, and it will be much the whiter. If you will have it ſtronger, put but Gallons

and a half of water to one of honey.

You may uſe what Herbs or Roots you pleaſe, either for their taſt or vertue, after the manner here ſet down.

If you make it work with yeaſt, you muſt have great care, to draw it into bottles ſoon after it hath done working, as after a fortnight or three weeks. For that will make it ſoon grow ſtale, and it will thence grow ſower and dead before you are aware. But if it work ſingly of it ſelf, and by help of the Sun without admixtion of either Leaven or Yeaſt, it may be kept long in the Barrel, ſo it be filled up to the top, and kept very cloſe ſtopp'd.

I conceive it will be exceeding good thus: when you have a ſtrong Honey-liquor of three parts of water to one of Honey, well-boiled and ſcummed, put into it Lukewarm, or better (as ſoon as you take it from the fire) ſome Clove-gilly-flowers, firſt wiped, and all the whites clipped off, one good handful or two to every Gallon of Liquor. Let theſe infuſe 30 or 40 hours. Then ſtrain it from the flowers, and either work it with yeaſt, or ſet it in the Sun to work; when it hath almoſt done working, put into it a bag of like Gilly-flowers (and if they are duly dried, I think they are the better) hanging it in at the bung. And if you will put into it ſome ſpirit of wine, that hath drawn a high

high Tincture from Clove-gillyflowers (dried, I conceive is beſt) and ſome other that hath done the like from flowers and tops of Roſemary, and ſome that hath done the like from Cinnamon and Ginger, I believe it will be much the nobler, and laſt the longer.

I conceive, that bitter and ſtrong herbs, as Roſemary, Bayes, Sweet-majoram, Thyme, and the like, do conſerve Meathe the better and longer, being as it were in ſtead of hops. But neither muſt they, no more then Clove-gilly-flowers be too much boiled: For the Volatil pure Spirit flies away very quickly. Therefore rather infuſe them. Beware of infuſing Gilly-flower in any veſſel of Metal, (excepting ſilver:) For all Metals will ſpoil and dead their colour. Glaſed earth is beſt.

Sack with Clove-gilly flowers.

If you will make a Cordial Liquor of Sack with Clove-gillyflowers, you muſt do thus. Prepare your Gillyflowers, as is ſaid before, and put them into great double glaſs-bottles, that hold two gallons a piece, or more; and put to every gallon of Sack, a good half pound of the wiped and cut flowers, putting in the flowers firſt, and then the Sack upon them. Stop the glaſſes exceeding cloſe, and ſet them in a temperate Cellar. Let them ſtand ſo, till you ſee

that the Sack hath drawn out all the principal tincture from them, and that the flowers begin to look paliſh; (with an eye of pale, or faint in Colour) Then pour the Sack from them, and throw away the exhauſted flowers, or diſtil a ſpirit from them; For if you let them remain longer in the Sack, they will give an earthy taſt to them. You may then put the tinged Sack into fit bottles for your uſe, ſtopping them very cloſe. But if the ſeaſon of the flowers be not yet paſt, your Sack will be better, if you put it upon new flowers, which I conceive will not be the worſe, but peradventure the better, if they be a little dried in the ſhade. If you drink a Glaſs or two of this ſack at a meal, you will find it a great Cordial.

Upon better conſideration; I conceive the beſt way of making *Hydromel* with Clove-gilly-flowers, is thus: Boil your ſimple Liquor to it's full height (with three parts of water to one of Honey,) take a ſmall parcel out, to make a ſtrong infuſion of flowers, pouring it boyling hot upon the flowers in earthen veſſels. If you have great quantity, as ſix to one, of Liquor, you will eaſily draw out the tincture in fourteen or ſixteen hours infuſion; otherwiſe you may quicken your liquor with a parcel of Sack. In the mean time make the great quantity of Liquor work with yeſt. When it hath almoſt done fer-

fermenting, but not quite, put the infuſion to it warm, and let it ferment more if it will. When that is almoſt done, put to it a bag with flowers to hang in the bung.

I conceive that *Hydromel* made with Juniperberries (firſt broken and bruiſed) boiled in it, is very good. Adde alſo to it Roſemary and Bayleaves.

Upon tryal of ſeveral ways, I conclude (as things yet appear to me) that to keep Meath long, it muſt not be fermented with yeſt (unleſs you put Hops to it) but put it in the barrel, and let it ferment of it ſelf, keeping a thick plate of lead upon the bung, to lie cloſe upon it, yet ſo that the working of the Liquor may raiſe it, to purge out the foulneſs, and have always ſome new made plain Liquor, to fill it up as it ſinks, warm whiles it works: but cold during three or four month's after. Then ſtop the bung exceeding cloſe. And when you will make your Mead with Cherries or Morello-Cherries, or Raſpes, or Bilberries, or Black-cherries, put their juyce to the Liquor when you tun it, without ever boiling it therein; about one quart of juyce to every three or four gallons of Liquor. You may ſqueeſe out the clear juyce, and mingle it with the Liquor, and hang the Magma in a bag in the bung. I think it is beſt to break the ſtones of the Cherries, before you put their Magma into the bag.

Since I conceive, that Clove-gilly-flowers muſt never be boiled in the Liquor: that evaporateth their Spirits, which are very volatile: But make a ſtrong infuſion of them, and beſides hang a Bag of them in the bung. I conceive that it is good to make the Liquor pretty ſtrong (not too much, but ſo as the taſte may be grateſull) of ſome ſtrong herbs, as Roſemary, Bay-leaves, Sweet-marjoram, Thyme, Broad-thyme, and the like. For they preſerve the drink, and make it better for the ſtomack and head. Sanding in the Sun is the beſt way of Fermentation, when the drink is ſtrong. The Root of Angelica or Elecampane, or Eringo, or Orris, may be good and pleaſant, to be boiled in the Liquor. Raſpes and Cherries and Bilberies are never to be boiled, but their juyce put into the Liquor, when it is tunning. Uſe onely Morello-Cherries (I think) for pleaſure, and black ones for health. I conceive it beſt to uſe very little ſpice of any kind in Meathes.

Metheglin compoſed by My ſelf out of ſundry Receipts.

In ſixty Gallons of water, boil ten handfuls of Sweet-bryar-leaves; Eyebright, Liverwort, Agrimony, Scabious, Balme, Wood-bettony, Straw-berry-leaves, Burnet, of each four handfuls; of Roſemary three handfuls; of Minth, Angelica, Bayes and Wild-thyme, Sweet-Marjoram,

joram, of each two handfuls: Six Eringo-roots. When the water hath taken out the vertue of the herbs and roots, let it ſettle, and the next day pour off the clear, and in every three Gallons of it boil one of honey, ſcumming it well, and putting in a little cold water now and then to make the ſcum riſe, as alſo ſome whites of Eggs. When it is clear ſcummed, take it off, and let it cool; then work it with Ale-yeſt; tun it up, and hang in it a bag, with Ginger, Cinamom, Cloves and Cardamom. And as it worketh over, put in ſome ſtrong honey-drink warmed. When it works no more, ſtop it up cloſe.

In twenty Gallons of water boil Sweet-bryar-leaves, Eye-bright, Roſemary, Bayes, Clove-gilly-flowers of each five handfuls, and four Eringo-roots. To every two gallons and a half of this decoction, put one gallon of honey; boil it, &c. When it is tunned up, hang in it a bag containing five handfuls of Clove-gilly-flowers, and ſufficient quantity of the ſpices above.

In both theſe Receipts, the quantity of the herbs is too great. The ſtrong herbs preſerve the drink, and make it nobler. Uſe Marjoram and Thyme in little quantity in all.

My Lady Gowers *white Meathe uſed at* Salisbury.

Take to four Gallons of water, one Gallon of

of Virgin-honey; let the water be warn before you put in the honey; and then put in the whites of 3 or 4 Eggs well beaten, to make the ſcum riſe. When the honey is throughly melted and ready to boil, put in an Egge with the ſhell ſoftly; and when the Egge riſeth above the water, to the bigneſs of a groat in ſight, it is ſtrong enough of the honey. The Egge will quickly be hard, and ſo will not riſe; Therefore you muſt put in another, if the firſt do not riſe to your ſight; you muſt put in more water and honey proportionable to the firſt, becauſe of waſting away in the boiling. It muſt boil near an hour. You may, if you pleaſe, boil in it, a little bundle of Roſemary, Sweet-marjoram, and Thyme; and when it taſteth to your liking, take it forth again. Many do put Sweet-bryar berries in it, which is held very good. When your Meath is boiled enough take it off the fire, and put it into a Kive; when it is blood-warm, put in ſome Ale-barm, to make it work, and cover it cloſe with a blancket in the working. The next morning tun it up, and if you pleaſe put in a bag with a little Ginger and a little Nutmeg bruiſed; and when it hath done working, ſtop it up cloſe for a Moneth, and then Bottle it.

Sir Thomas Gower's *Metheglin for health.*

Firſt boil the water and ſcum it; Then to 12 Gallons put 6 handfuls of Sweet-bryar-leaves, of Sweet-marjoram, Roſemary, Thyme, of each one a handful: Flowers of Marigold, Borrage, Bugloſs, Sage, each two handfuls. Boil all together very gently, till a third waſte. To eight Gallons of this put two Gallons of pure honey, and boil them till the Liquor bear an Egge, the breadth of threepence or a Groat, together with ſuch ſpices as you like (bruiſed, but not beaten) an ounce of all is ſufficient.

You muſt obſerve carefully. 1. Before you ſet the Liquor to boil, to cauſe a luſty Servant (his Arms well waſhed) to mix the honey and water together, labouring it with his hands at leaſt an hour without intermiſſion. 2. That when it begins to boil faſt, you take away part of the fire, ſo as it may boil ſlowly, and the ſcum and droſs go all to one ſide, the other remaining clear. When you take it off, let none of the Liquor go away with the droſs. 3. When you take it from the fire, let it ſettle well, before it be tunned into the veſſel, wherein you mean to keep it: and when it comes near the bottom, let it be taken carefully from the ſediment, with a thin Diſh, ſo as nothing be put into the veſſel, but what is clear. 4. Stop it very cloſe (when it is ſet in the place, where it muſt remain)

main) cover it with a cloth, upon which ſome handfuls of Bay-ſalt and Salpeter is laid, and over that lay clay, and a Turf. 5. Put into it, when you ſtop it, ſome New-laid-eggs in number proportionable to the bigneſs of the veſſel, Shell's unbroken. Six Eggs to about ſixteen Gallons. The whole Egg-ſhell and all will be entirely conſumed.

Metheglin for taſte and Colour,

Muſt be boiled as the other, if you intend to keep it above half a year; but leſs according to the time, wherein you mean to uſe it. You muſt put in no Herbs, to avoid bitterneſs and diſcolouring; and the proportion of water and honey more or leſs, as you would drink it ſooner or later; (as a Gallon of honey to 4, 5, or 6 of water.) If to be weak, and to be ſoon drunk, you muſt when it is tunned, put in a Toſt of bread (hard toſted) upon which half a ſcore drops of Spirit of yeſt or barm is dropped; for want of it, ſpread it with pureſt barm beaten with a few drops of Oyl of Cinnamon. If you intend to give it the taſte of Raſpes, then adde more barm, to make it work well, and during that time of working, put in your Raſpes (or their Syrup) but the fruit gives a delicate Colour, and Syrup a duller Tincture. Drink not that made after the firſt manner, till ſix moneths, and it will endure drawing better

ter then wine; but Bottleled, it is more ſpirited then any drink.

The Spirit of Barm is made by putting ſtore of water to the barm; then diſtill the Spirit, as you do other Spirits; At laſt an oyl will come, which is not for this uſe.

Sir *Thomas Gower* maketh his ordinary drink thus: Make very ſmall well Brewed Ale. To eight Gallons of this put one Gallon of honey; when it is well diſſolved and clarified, tun up the Liquor, making it work in due manner with barm. When it hath done working, ſtop it up cloſe, and in three months it will be fit to drink.

He makes Metheglin thus. Make a good Decoct of Eglantine-leaves, Cowſlip flowers, a little Sweet-marjoram, and ſome Roſemary and Bayleaves, Betony, and Scabious, and a little Thyme. After the ſediment hath ſettled, put $\frac{1}{3}$ or $\frac{1}{4}$ or $\frac{1}{5}$ or $\frac{1}{8}$ part of honey, (according as you would have it ſtrong, and ſoon ready) to the clear ſevered from the ſettlement, and ſtir it exceeding well with ſtripped arms 4 or 5 hours, till it be perfectly incorporated. Then boil and ſcum it; let it then cool and tun it up, &c. After it hath cooled, lade the clean from the ſettlement, ſo that it may not trouble it, and tun up the clear thus ſevered from the ſettlings. Much of the perfection conſiſteth in ſtirring it long with ſtripped arms before

you

you boil it. Then to boil it very leiſurely till all the ſcum be off. And order your fire ſo, that the ſcum may riſe and drive all to one ſide. This will be exceeding pale clear and pleaſant Metheglin. He uſeth to every Gallon of water, a good handful of Eglantine-leaves, and as much Cowſlip flowers; but onely a Pugil of Thyme or Marjoram.

An Excellent way of making white Metheglin.

Take of Sweet-bryar berries, of Roſemary, broad Thyme, of each a handful. Boil them in a quantity of fair water for half an hour; then cleanſe the water from the herbs, and let it ſtand 24 hours, until it be thorough cold. Then put your hony into it (hony which floweth from the Combs of it ſelf in a warm place is beſt) make it ſo ſtrong of the honey that it bear an egge (if you will have it ſtrong) the breadth of a groat above the Liquor. This being done, lave and bounce it very well and often, that the honey and water may incorporate and work well together. After this boil it ſoftly over a gentle fire, and ſcum it. Then beat the whites of eggs with their ſhells, and put into it to clarifie it. After this, put ſome of it into a veſſel, and take the whites of two eggs, and a little barm, and a ſmall quantity of fine flower; beat them well together, and put it into the

the veſſel cloſe covered, that it may work. Then pour the reſt unto it by degrees, as you do Beer. At laſt take a quantity of Cinamon, 2 or 3 races of Ginger, and two Nutmegs (for more will alter the colour of it.) Hang theſe in a little bag in the veſſel. Thus made, it will be as white as any White-wine.

Another way of making white Metheglin.

To three Gallons of Spring-water take three quarts of honey, and ſet it over the fire, till the ſcum riſe pretty thick. Then take off the ſcum, and put in Thyme, Roſemary, Hyſſop and Maiden-hair, of each one handful; and two handfuls of Eglantine leaves, and half a handfull of Organ. The ſpices, Ginger, Nutmegs, Cinamon and a little mace, and boil all theſe together near half an hour. Then take it from the fire, and let it ſtand till it be cold, and then ſtrain it, and ſo Tun it up, and ſtop it cloſe. The longer you keep it, the better it will be.

Another way.

Take two Gallons of water; one Gallon of Honey: Parietary one handful; Sage, Thyme, one Pugil; Of Hyſſop half a Pugil. Six Parſley-roots; one Fennel-root, the pith taken out: Red-nettles one Pugil. Six leaves of Hearts-tongue. Boil this together one hour. Then put in the Honey, and Nutmegs, Cloves, Mace,

Mace, Cinamon of each one ounce; of Ginger three ounces. Boil all these together, till the scum be boiled in, not scumming it. Then take it off, and set it to cool. When it is cold, put in it six spoonfuls of barm, and when it is ripe, it will hiss in the pail. You must take out the herbs, when you put in the honey. If you put in these herbs following, it will be far better; Sanicle, Bugloss, Avens, and Ladies-mantle, of each one handful.

To make white Metheglin.

Take of Sweet-bryar a great handful: of Violet-flowers, Sweet-marjoram, Strawberry-leaves, Violet-leaves, Ana, one handful, Agrimony, Bugloss, Borrage, Ana, half a handful. Rosemary four branches, Gilly-flowers, N°. 4. (the Yellow-wall-flowers, with great tops) Anniseeds, Fennel, and Caraway, of each a spoonful, Two large Mace. Boil all these in twelve Gallons of water for the Space of an hour; then strain it, and let it stand until it be Milkwarm: Then put in as much honey, as will carry an Egge to the breadth of six pence, at least. Then boil it again, and scum it clean; then let it stand, until it be cold; then put a pint of Ale-barm into it, and ripen it as you do Beer, and tun it. Then hang in the midst of the vessel a little bag with a Nutmeg quartered, a Race of Ginger sliced, a little Cinamon,

and

and mace whole, and three grains of Musk in a cloth put into the bag amongſt the reſt of the Spices. Put a ſtone in the bag, to keep it in the midſt of the Liquor. This quantity took up three Gallons of honey; therefore be ſure to have four in readineſs.

Strong Mead.

Take one Meaſure of honey, and diſſolve it in four of water, beating it long up and down with clean Woodden ladels. The next day boil it gently, ſcumming it all the while till no more ſcum riſeth; and if you will clarifie the Liquor with a few beaten whites of Eggs, it will be the clearer. The rule of it's being boiled enough is, when it yieldeth no more ſcum, and beareth an Egge, ſo that the breadth of a groat is out of the water. Then pour it out of the Kettle into woodden veſſels, and let it remain there till it be almoſt cold. Then Tun it into a veſſel, where Sack hath been.

A Receipt for making of Meath.

Take a quart of honey, and mix it with a Gallon of Fountain-water, and work it well four days together, four times a day; The fifth day put it over the fire, and let it boil an hour, and ſcum it well. Then take the whites of two Eggs, and beat them to a froth, and put it into the Liquor; ſtirring it well, till the whites

of Eggs have raiſed a froth or Scum; then take it off, ſcumming the liquor clean. Then take a handful of Strawberry-leaves and Violet-leaves together, with a little Sprig of Roſemary, and two or three little Sprigs of Spike; and ſo boil it again (with theſe herbs in it) a quarter of an hour. Then take it off the fire, and when it is cold, put it into a little barrel, and put into it half a ſpoonful of Ale-yeſt, and let it work; which done, take one Nutmeg ſliced, and twice as much Ginger ſliced, ſix Cloves bruiſed, and a little ſtick of Cinamon, and ſow theſe Spices in a little bag, and ſtop it well; and it will be fit for uſe within a fortnight, and will laſt half a year. If you will have your Metheglin ſtronger, put into it, a greater quantity of honey.

My Lord Hollis *Hydromel.*

In four parts of Springwater diſſolve one part of honey, or ſo much as the Liquor will bear an Egge to the breadth of a Groat. Then boil it very well, and that all the ſcum be taken away. He addeth nothing to it but a ſmall proportion of Ginger ſliced: of which He putteth half to boil in the Liquor, after all the ſcum is gone; and the other half He putteth into a bag, and hangeth in the bung, when it is tunned. The Ginger muſt be very little, not ſo much as to make the Liquor taſte ſtrongly

of

of it, but to quicken it. I ſhould like to adde a little proportion of Roſemary, and a greater of Sweet-bryar leaves, in the boiling. As alſo, to put into the barrel a toſt of white bread with muſtard, to make it work. He puts nothing to it; but his own ſtrength in time makes it work of it ſelf. It is good to drink after a year.

A Receipt for white Metheglin.

Take to every quart of honey, 4, 5, or 6, quarts of water; boil it on a good quick fire as long as any ſcum riſeth; as it boils, put about half a pint of water at a time very often, and ſcum it very well as it riſeth; and be ſure to keep it up to the ſame height and quantity as at the firſt: Put into it a little Roſemary, according to the quantity that you make, and boil it half a quarter of an hour; ſcum it very well. You may put a little Ginger into it, onely to give it a taſte thereof, and let it have a little walm of heat after it. Then take and put it into a Woodden veſſel, (which muſt be well ſcalded, leaſt it taſte of any thing) let it ſtand all night, and the next morning ſtrain it through a ſieve of hair.

Then if you pleaſe, you may boil up your grounds that are in the bottome of the veſſel with three or four quarts of water; and when it is cold, ſtrain it, to the reſt, and put to it a

little good light barm. That which you make in the winter, you muſt let it ſtand three days and three nights covered up, before you bottle it up; and two nights in ſummer, and then bottle it up. But be ſure, you ſcum off the barm before the bottling up.

Your Veſſel, which you intend to boil your Meath in, muſt ſtand in ſcalding water, whilſt you boil your Meath; it will drink up the leſs of your Meath. Four ſpoonfuls of good new Ale-barm will ſerve for five quarts of honey. As you deſire your Metheglin in ſtrength, ſo take at the firſt either of the quantities of water. Five quarts is reaſonable.

Hydromel as I made it weak for the Queen Mother.

Take 18 quarts of ſpring-water, and one quart of honey; when the water is warm, put the honey into it. When it boileth up, skim it very well, and continue skimming it, as long as any ſcum will riſe. Then put in one Race of Ginger (ſliced in thin ſlices,) four Cloves, and a little ſprig of green Roſemary. Let theſe boil in the Liquor ſo long, till in all it have boiled one hour. Then ſet it to cool, till it be blood-warm; and then put to it a ſpoonful of Ale-yeſt. When it is worked up, put it into a veſſel of a fit ſize; and after two or three days

days, bottle it up. You may drink it after six weeks, or two moneths.

Thus was the Hydromel made that I gave the Queen, which was exceedingly liked by every body.

Several ways of making Metheglin.

Take such quantity as you judge convenient of Spring, or pure rain water, and make it boil well half an hour. Then pour it out into a Woodden fat, and let it settle 24 hours. Then power off the clear, leaving the sediment in the bottome. Let such water be the Liquor for all the several Honey-drinks, you will make.

1. Warm sixteen Gallons of this water (lukewarm) and put two Gallons of Honey to it, in a half tub or other fit Woodden vessel. Lave it very well with a clean arm, or woodden battledoor for two or three hours, dissolving the honey very well in the water. Let it stand thus two or three days in wood, laving it thrice a day, a pretty while each time. Then put it back into your Copper and boil it gently, till you have scummed away all the foulness that will rise; and clarifie it with whites of Eggs: Then put into it a little handful of cleansed and sliced white Ginger, and a little mace; when they have boiled enough, put in a few Cloves bruised, and a

ſtick of Cinamon, and a little Limmon-peel, and after a walm or two, pour the Liquor into a woodden half tub, with the ſpices in it. Cover it cloſe with a Cloth and blanquet, and let it ſtand ſo two days. Then let the liquor run through a bolter, to ſever the ſpice, ſtopping before any ſettlings come. Then pour this clear liquor into pottle-bottles of glaſs, not filling them by a fingers breadth or more. Stop them cloſe with Cork tied in, and ſet them in a cool place for 6, 7 or 8 weeks.

2. In fourty Gallons of the firſt boiled and ſettled water, boil five handfuls of ſweet-bryar tops, as much of Cowſlip-flowers, as much of Primroſe-flowers, as much of Roſemary flowers, as much of Sage-flowers, as many of Borage-flowers, as many of Bugloſs-flowers; two handfuls of the tops of Betony, four handfuls of Agrimony, and as many of Scabious, one handful of Thyme, as much of Sweet-marjoram, and two ounces of Muſtard-ſeed bruiſed. When this hath boiled ſo long, that you judge the water hath drawn out all the vertue of the Herbs (which may be in half an hour) pour out all into a varte to cool and ſettle. Scum away the herbs, and pour the clear from the ſediment, and to every four gallons of liquor (lukewarm) put one gallon of honey, and lave it to diſſolve the honey, letting it ſtand two or three days, laving it well thrice every day. Then

boil

boil it till it will bear an Egge high, then clarifie it with whites and ſhells of Eggs, and pour it into a vatte to cool, which it will do in a days ſpace or better. Whilſt it is yet lukewarm, put Ale-yeſt to it, (no more then is neceſſary) to make it work, and then tun it into a Rundlet of a fit Size, that hath been ſeaſoned with Sack; and hang in it a boulter bag containing half a pound of white Ginger cleanſed and ſliced, three ounces of Cloves and as much of Cinamon bruiſed, as much Coriander ſeed prepared, and as much Elder-flowers. As it purgeth and conſumeth by running over the bung, put in freſh honey-liquor warmed, that you keep or make on purpoſe for that end. When the working is even almoſt at an end, ſtop it up cloſe with clay and ſand, and have great care to keep it always cloſe ſtopped. After a year draw it into pottle Glaſs-bottles ſtopped with ground ſtoppels of glaſs, and keep them in a cool place, till they are ready to drink, if they as yet be not ſo.

Have a care, that never any Liquor ſtay in Copper longer then whilſt it is to boil.

3. In 20 Gallons of the firſt boiled and ſettled water, boil ſix handfuls of Sweet-bryar-leaves, as many of Cowſlip flowers, as many of Primroſe-flowers, and as many of Roſemary-flowers; and half a handful of Wild thyme, during the ſpace of a quarter or half an hour.

Then take the clear, and diſſolve in it a ſixth part of honey, doing as above for the boiling and clarifying it. But boil it not to bear an Egge, but onely till it be well ſcummed and clarified. Then pour it into a woodden Tub, and Tun it with Ale-yeſt, when it is in due temper of coolneſs, as you would do Ale-wort; and let it work (cloſe covered) ſufficiently. Then Tun it up into a ſeaſoned firkin, and put into it a toſt of white-bread ſpread with quick Muſtard, and hang it in a boulter bag containing looſly ſome Ginger, Cloves and Cinamon bruiſed, and a little Limon-peel and Elder-flowers, with a Pebble-ſtone at the bottome, to make it ſink towards the bottom, and faſtned by a ſtring coming out of the bung to hinder it from falling quite to the bottome. Stop the bung very cloſe, and after ſix weeks or two moneths draw it into bottles.

4. In 20 Gallons of boiled and ſettled water, boil a quarter of an hour ten handfuls of ſweet bryar-leaves, and as many of Cowſlips. Then let it cool and ſettle in wood, and take the clear; and to every four Gallons of Liquor, put one of honey, diſſolving it as the others formerly ſet down. Boil it, till no more ſcum riſe, and that a fourth part be conſumed. Then clarifie it with whites of Eggs and their ſhells, and make it work with yeſt. After ſufficient working Tun it up, hanging in it a bag with

with Ginger, Cloves, Cinamon and Limon-peel. Stop it very close, and after two or three moneths, draw it into bottles.

My Lady Morices *Meath.*

Boil first your water with your herbs. Those she likes best, are, Angelica, Balm, Borage, and a little Rosemary (not half so much as of any of the rest) a handful of all together, to two or 3 Gallons of water. After about half an hours boiling, let the water run through a strainer (to sever the herbs from it) into Woodden or earthen vessels, and let it cool and settle. To three parts of the clear, put one or more of honey, and boil it till it bear an Egge, leaving as broad as a shilling out of the water, skiming it very well. Then power it out into vessels, as before; and next day, when it is almost quite cold, power it into a Sack-cask, wherein you have first put a little fresh Ale-yest, about two spoonfuls to ten Gallons. Hang in it a bag with a little sliced Ginger, but almost a Porenger full of Cloves. Cover the bung lightly, till it have done working; then stop it up close. You may tap and draw it a year or two after. It is excellent good.

My Lady Morice *her Sister makes her's thus:*

Dissolve your honey in the water till it bear an Egge higher or lower, according to the strength

ſtrength you will have it of. Then put into it ſome Sea-warm wood and a little Roſemary, and a little Sage; about two good handfuls of all together, to ten Gallons. When it hath boiled enough to take the vertue of the herbs, skim them out, and ſtrew a handful or two of fine Wheat-flower upon the boyling Liquor.

This will draw all the dregs to it, and ſwim at the top, ſo that you may skim all off together. And this ſhe holdeth the beſt way of clarifying the Liquor, and making it look pale. Then pour it into veſſels as above to cool. Let it ſtand three days; then Tun it up into a Sack cask without yeſt or Spice, and keep it ſtopped till it work. Then let it be open, till it have done working, filling it up ſtill with other honey-drink. Then ſtop it up cloſe for a year or two. You may at firſt ſtop it ſo, that the ſtrong working may throw out the ſtopple, and yet keep it cloſe, till it work ſtrongly. She ſaith, that ſuch a ſmall proportion of wormwood giveth it a fine quick taſt, and a pale colour with an eye of green. The wormwood muſt not be ſo much, as to diſcern any the leaſt bitterneſs in the taſte; but that the compoſition of it with the honey may give a quickneſs. The Roſemary and Sage muſt be a great deal leſs then the Wormwood. Sometimes ſhe ſtoppeth it up cloſe as ſoon as ſhe hath Tunned it, and lets it remain ſo for three moneths. Then

pierce

pierce it and draw it into bottles, which ſtop well, and tie down the ſtoppels. This will keep ſo a long time. She uſeth this way moſt. It makes the Mead drink exceeding quick and pleaſant. When you pierce the Cask, it will flie out with exceeding force, and be ready to throw out the ſtopper and ſpigot.

To make white Meath.

Take Roſemary, Thyme, Sweet-bryar, Peny-royal, Bayes, of each one handful; ſteep them 24 hours in a bowl of fair cold water covered cloſe; next day boil them very well in another water, till the colour be very high; then take another water, and boil the ſame herbs in it, till it look green; and ſo boil them in ſeveral waters, till they do but juſt change the colour of the water. The firſt waters are thrown away. The laſt water muſt ſtand 24 hours with the herbs in it. The Liquor being ſtrained from them, you muſt put in as much fine honey till it will bear an Egge; you muſt work and labour the honey with the Liquor a whole day, till the honey be conſumed; then let it ſtand a night a clearing. In the morning put your Liquor a boiling for a quarter of an hour, with the whites and ſhells of ſix Eggs. So ſtrain it through a bag, and let it ſtand a day a cooling; ſo Tun it up, and put into the veſſel in a Linnen bag, Cloves, Mace, Cinamon and Nut-

Nutmegs bruiſed altogether. If you will have it to drink preſently, take the whites of two or three Eggs, of barm a ſpoonful, and as much of Wheaten-flower. Then let it work before you ſtop it, afterwards ſtop it well with Clay and Salt. A quart of Honey to a Gallon of liquor, and ſo proportionably for theſe Herbs.

Sir William Paſton's *Meathe.*

Take ten Gallons of Spring-water, and put therein ten Pints of the beſt honey. Let this boil half an hour, and ſcum it very well; then put in one handful of Roſemary, and as much of Bayleaves; with a little Limon-peel. Boil this half an hour longer, then take it off the fire, and put it into a clean Tub; and when it is cool, work it up with yeſt, as you do Beer. When it is wrought, put it into your veſſel, and ſtop it very cloſe. Within three days you may Bottle it, and in ten days after it will be fit to drink.

Another pleaſant Meathe of Sir William Paſton's.

To a Gallon of water put a quart of honey, about ten ſprigs of Sweet-Marjoram; half ſo many tops of Bays. Boil theſe very well together, and when it is cold, bottle it up. It will be ten days before it be ready to drink.

Another

Another way of making Meath.

Boil Sweet Bryar, Sweet Marjoram, Cloves and Mace in Spring-water, till the water taſte of them. To four Gallons of water put one Gallon of honey, and boil it a little to skim and clarifie it. When you are ready to take it from the fire, put in a little Limon-peel, and pour it into a Woodden veſſel, and let it ſtand till it is almoſt cold. Then put in ſome Ale-yeſt, and ſtir it altogether. So let it ſtand till next day. Then put a few ſtoned Raiſins of the Sun into every bottle, and pour the Meath upon them. Stop the bottles cloſe, and in a week the Meath will be ready to drink.

Sir Baynam Throckmorton's *Meathe.*

Take four quarts of Honey, good meaſure; put to it four Gallons of water, let it ſtand all night, but ſtir it well, when you put it together. The next day boil it, and put to it Nutmegs, Cloves, Mace and Ginger, of each half an ounce. Let theſe boil with the honey and water till it will bear an Egge at the top without ſinking; and then it is enough, if you ſee the Egge the breadth of a ſix pence. The next day put it in your veſſel, and put thereto two or three ſpoonfuls of barm; and when it hath done working, you may (if you like it) put in a little Amber-greece in a clout with a ſtone to it

to

to make it ſink. This ſhould be kept a whole year before it be drunk; it will drink much the better, free from any taſt of the honey, and then it will look as clear as Sack. Make it not till *Michaelmas*, and ſet it in a cool place. You may drink it a quarter old, but it will not taſte ſo pleaſant then, as when it is old.

To make white Metheglin.

Take a Gallon of Honey; put to it four Gallons of water; ſtir them well together, and boil them in a Kettle, till a Gallon be waſted with boiling and ſcumming. Then put it into a veſſel to cool. When it is almoſt as cold as Ale-wort, then clear it out into another veſſel: Then put Barm upon it, as you do to your Ale, and ſo let it work. And then Tun it up into a veſſel, and put into it a bag with Ginger, Cloves, and Cinamon bruiſed a little, and ſo hang the bag in the veſſel, and ſtop it up very cloſe; and when it hath ſtood a month or ſix weeks, bottle it up and ſo drink it. You may put in a little Limmon-peel into ſome of your Metheglin, for thoſe that like that taſte; which moſt perſons do very much.

A Receipt for making of Meath.

Miſtreſs *Hebden* telleth me, that the way of making Honey-drink in *Ruſſia*, is thus; Take for example, 100 Gallons of Spring water, boil

boil it a little; then let it ſtand 24 hours to cool, and much ſediment will fall to the bottom; from which pour the clear, and warm it, and put 20 or 25 Gallons of pure honey to it, and lade it a long time with a great woodden battle-dore, till it be well diſſolved. The next day boil it gently, till you have skimed off all the ſcum that will riſe, and that it beareth an Egge boyant. And in this Liquor you muſt put, in the due time, a little quantity of Hops, about two handfuls, which muſt boil ſufficiently in the Liquor. Put this into the cooling fat to cool two or three days. When it is about milk-warm, take white-bread and cut it into toſts, upon which, (when they are hot) ſpread moderately thick ſome freſh ſweet Ale-yeſt; and cover the ſuperficies of the Liquor with ſuch toſts; Then cover the Tub or Fat with a double courſe ſheet, and a blancket or two, which tye faſt about it. This will make your Liquor work up highly. When you find it is near it's height of working, and that the Liquor is riſen to the top of the Tub (of which it wanted 8 or 10 Inches at firſt,) Skim off the toſts and yeſt, and Tun it up in a hogſhead: which ſtop cloſe; but after 24 hours draw it into another barrel: for it will leave a great deal of ſediment. It will work again in this ſecond barrel. After other 24 hours draw it into another barrel, and then it will be clear and pale like

White-

white-wine. Stop it up close, hanging a bag of bruised spice in the bung; and after five or six months, it will be fit to drink. If you would have your Meath taste of Raspes, or Cherries (*Morello*, sharp Cherries, are the best) prepare the water first with them; by putting five or six Gallons of either of these fruits, or more, into this proportion of water; in which bruise them to have all their juyce: but strain the Liquor from the Grains or Seeds, or Stones. And then proceed with this directed water, as is said above. Yea may make your Liquor as strong, as you like, of the fruit. Cardamom-seeds mingled with the suspended spices, adde much to the pleasantness of the drink. Limon-peel, as also Elderflowers.

My Lady Bellassises *Meath.*

The way of making is thus. She boileth the honey with Spring-water, as I do, till it be cleer scumed; then to every Gallon of Honey, put in a pound or two of good Raisins of the Sun; boil them well, and till the Liquor bear an Egge. Then pour it into a Cowl or Tub to cool. In about 24 hours it will be cool enough to put the yest to it, being onely Luke-warm: which do thus: spread yest upon a large hot toft, and lay it upon the top of the Liquor, and cover the Tub well, first with a sheet, then with coverlets, that it may work well. When it is wrought

up

up to it's height, before it begin to ſink, put it into your barrel, letting it run through a looſe open ſtrainer, to ſever the Raiſins and dregs from it. Stop it up cloſe, and after it hath been thus eight or ten days, draw it into bottles, and into every bottle put a cod of Cardamoms, having firſt a little bruiſed them as they lie in the cod; and opening the cod a little, that the Liquor may ſearch into it. Stop your bottles cloſe, and after three or four moneths you may drink, and it will be very pleaſant and quick, and look like white wine.

Another Metheglin.

In every three Gallons of water, boil Roſemary, Liverwort, Balm, *ana*, half a handful, and Cowſlips two handfuls. When the water hath ſufficiently drawn out the vertue of the herbs, pour all into a Tub, and let it ſtand all night. Then ſtrain it. And to every three Gallons of the clear Liquor (or 2 ½, if you will have your drink ſtronger) put one Gallon of honey, and boil it, till it bear an Egge, ſcuming it till no more ſcum will riſe: which to make riſe the better, put in now and then a Porrenger full of cold water. Then pour it into a Tub, and let it ſtand to cool, till it be blood-warm, and then put by degrees a Pint of Ale-yeſt to it, to make it work. So let it ſtand three days very cloſe covered. Then skim off the yeſt, and put it into a

ſeaſoned barrel; but ſtop it not up cloſe, till it have done hiſſing. Then either ſtop it very cloſe, if you will keep it in the barrel, or draw it into bottles. Put into this proportion, Ginger ſliced, Nutmegs broken, *ana*, one ounce, Cinamon bruiſed half an ounce in a bag, which hang in the bung with a ſtone in it to make it ſink. You may add, if you pleaſe, to this proportion of water, or one Gallon more, two handfuls of Sweet-bryar-leaves, and one of Betony.

Mr. Pierce's *Excellent white Metheglin.*

In a Copper, that holdeth conveniently three hogſheads, or near ſo much, boil the beſt water, (as full as is fitting) As ſoon as it boileth well and high, put to it four handfuls of Sweet-bryar-leaves, as much of Eye-bright: two handfuls of Roſemary, as much of Sweet-Marjoram, and one of Broad-thyme. Let them boil a quarter of an hour. (He letteth them boil no longer, to preſerve the colour of the Metheglin pale) then ſcum away the herbs, ſcuming alſo the water clear. Then lade out the water, (letting it run through a Ranch-Sieve) into a wide open veſſel, or large Vate to cool; leaving the ſettlement and dregs. (He often leaves out the Eye-bright and Thyme, when he provideth chiefly for the pure taſt; though the Eye-bright hurts it but little.) When it is blood-

blood-warm, put the honey to it, about one part, to four of water; but becauſe this doth not determine the proportions exactly (for ſome honey will make it ſtronger then other) you muſt do that by bearing up an Egge. But firſt, lave and ſcoop your mixture exceedingly, (at leaſt an hour) that the honey be not onely perfectly diſſolved, but uniformly mixed throughout the water. Then take out ſome of it in a great Woodden bowl or pail, and put a good number, (ten or twelve) New-laid-egges into it, and as round ones as may be; For long ones will deceive you in the ſwiming; and ſtale ones, being lighter then new, will emerge out of the Liquor, the breadth of a ſix pence, when new ones will not a groats-breadth. Therefore you take many, that you make a medium of their ſeveral emergings; unleſs you be certain, that they which you uſe, are immediately then laid and very round. The rule is, that a Groats-breadth (or rather but a threepence) of the Egg-ſhel muſt Swim above the Liquor; which then put again into your Copper to boil. It will be ſome while, before it boil, (peradventure a good quarter of an hour) but all that while ſcum will riſe, which skim away ſtill as it riſeth; and it ſhould be clear ſcummed by then it boileth: which as ſoon as it doth, turn up an hour Glaſs, and let it boil well a good hour. A good quarter before the

hour is out, put to it a pound of White-Ginger beaten exceedingly ſmall and ſearſed (which will ſever all the skins and courſe parts from the fine) which having boiled a quarter of an hour, ſo to make up the whole hour of boiling, pour out the Liquor into wide open Vats to cool. When it is quite cold, put a pottle of New-ale-barm into a Pipe or Butt, ſtanding endwiſe with his head out, and pour upon it a Pail-full of your cool Liquor out of one of the Vats; which falling from high upon it with force, will break and diſſipate the barm into atoms, and mix it with the Liquor. Pour immediately another pail-ful to that, continuing to do ſo, till all the Liquor be in. Which by this time and this courſe will be uniformly mixed with the barm, and begin to work. Yet ſcoop and lade it well a while, to make the mixtion more perfect, and ſet the working well on foot. Then cover your But-head with a ſheet onely in Summer, but blankets in Winter; and let your Liquor work about 24 hours or more. The meaſure of that is, till the barm (which is raiſed to a great head) beginneth a little to fall. Then preſently ſcum of the thick head of the barm, but take not all away ſo ſcrupulouſly, but that there may remain a little white froth upon the face of the Liquor. Which ſcoop and lade ſtrongly, mingling all to the bottom, that this little remaining barm may

may by this agitation be mixed a new with the whole. Then immediately Tun this Liquor into two hogſheads that have ſerved for Spaniſh-wine (be ſure to fill them quite full) and there let it work two or three days; that is to ſay, till you ſee that all the feculent ſubſtance is wrought out, and that what runneth out, beginneth to be clear, though a little whitiſh or frothy on the upperſide of the ſtream that runs down along the outſide of the hogſhead. (If there ſhould be a little more then to fill two hogſheads, put it in a Rundlet by it ſelf.) Then take ſome very ſtrong firm Paper, and wet it on one ſide with ſome of the barm that works out, and lay that ſide over the bung to cover it cloſe. The barm will make it ſtick faſt to the hogſhead. This covering will ſerve for a moneth or two. Then ſtop it cloſe with ſtrong Cork fitted to the hole, with a linnen about it, to preſs it faſt in: But let a little vent with a peg in it be made in hogſhead, in ſome fit place above. This may be fit to broach in five or ſix moneths; but three weeks or a moneth before you do ſo, put into each hogſhead half an ounce of Cinnamon; and two ounces of Cloves beaten into moſt ſubtile powder, (Sometimes he leaves out the Cloves) which will give it a moſt pleaſant flavor; and they (as the Ginger did) ſink down to the bottome and never trouble the Liquor. If they be put in long before (much more if

they be boiled) they looſe all their taſte and Spirits entirely. This will laſt very well half a year drawing. But if you ſtay broaching it a year, and then draw it into bottles, it will keep admirable good three or four years, growing to be much better, then when broached at ſix months end. It will be purer, if you firſt boil the water by it ſelf, then let it ſettle, 24 hours; and pour the clear from the earthy ſediment, which will be great, and diſſolve your honey in that. You may Aromatiſe it with Ambergreece or Musk, or both (if you like them) by diſſolving a very few Paſtils in a Runlet of this Liquor, when you draw it into little veſſels, (as He uſeth to do after five or ſix moneths) or with a few drops of the Extract of them. This Metheglin is a great Balſom and ſtrengthener of the *Viſcera*; is excellent in colds and coughs and conſumptions. For which laſt they uſe to burn it (like wine) or rather onely heat it. Then diſſolve the yolk of an Egge or two in a Pint of it, and ſome freſh Butter, and drink it warm in the morning faſting. As it comes from the Barrel or Bottle, it is uſed to be drunk a large draught (without any alteration or admixtion, with a toſte early in the morning (eating the toſte) when they intend to dine late. Conſider of making Metheglin thus with purified rain water (of the *Æquinoxe*) or Dew.

The

The handfuls of Herbs, are natural large handfuls (as much as you can take up in your hand) not Apothecaries handfuls, which are much leſs. If a pottle of Barm do not make it work enough to your mind, you may put in a little more. Diſcretion and Experience muſt regulate that.

You may make ſmall Meathe the ſame way, putting but half the proportion of honey or leſs. But then after three weeks or a months barrelling, you muſt bottle it.

An Excellent way to make Metheglin, called the Liquor of Life, with theſe following Ingredients.

Take Bugloſs, Borage, Hyſſop, Organ, Sweet-majoram, Roſemary, French-cowſlip, Colts-foot, Thyme, Burnet, Self-heal, Sanicle a little, Betony, Blew-buttons, Harts-tongue, Meads-ſweet, Liverwort, Coriander two ounces, Biſtort, Saint John's wort, Liquoriſh, Two ounces of Carraways, Two ounces of Yellow-ſaunders, Balm, Bugle, Half a pound of Ginger, and one ounce of Cloves, Agrimony, Tormentil-roots, Cumfrey, Fennel-root's, Clowns-all-heal, Maiden-hair, Wall-rew, Spleen-wort, Sweet-oak, Pauls-betony, Mouſe ear.

For two Hogſheads of Metheglin, you take two handfuls a piece of each herb, Excepting Sanicle; of which you take but half a hand-

ful. You make it in all things as the white Meathe of Mr. *Pierce's* is made, excepting as followeth. For in that you boil the herbs but a quarter of an hour, that the colour may be pale: But in this, where the deepneſs of the colour is not regarded, you boil them a good hour, that you may get all the vertue out of them. Next for the ſtrength of it; whereas in that, an Egge is to Emerge out of the Liquor but the breadth of a three pence; in This it is to Emerge a large Groats-breadth. Then in this you take but half a pound of Ginger, and one ounce of Cloves. Whereas the white hath one pound of Ginger, and two ounces of Cloves. To this you uſe three quarts, or rather more of Ale-yeſt (freſh and new) and when all your Liquor is in a high ſlender tall pipe with the narroweſt circumference that may be (which makes it work better then a broad one, where the Spirits looſe themſelves) you have the yeſt in a large Noggin with a handle or pail, and put ſome of the Liquor to it, and make that work; then pour it from pretty high unto the whole quantity in the pipe, and lade it ſtrongly with that Noggin five or ſix, or eight times, pouring it every time from high, and working it well together, that ſo every Atome of the yeſt may be mingled with every Atome of the Liquor. And this courſe (in this particular) you may alſo uſe in the white. It is beſt not

to

to broach this, till a year be over after the making it.

To make good Metheglin.

Take to every Gallon of Honey, three Gallons of water, and put them both together, and ſet them over ſo ſoft a fire, that you may endure to melt and break the honey with your hands. When the honey is all melted, put in an Egge, and let it fall gently to the bottome, and if the Egge riſe up to the top again of the Liquor, then is it ſtrong enough of the honey; but if it lie at the bottome, you muſt put in more honey, ſtirring of it till it do riſe. If your honey be very good, it will bear half a Gallon of water more to a Gallon of Honey. Then take Sweet-bryar, Roſe-mary, Bayes, Thyme, Marjoram, Savory, of each a good handful, which muſt be tyed up all together in a bundle. This Proportion of herbs will be ſufficient for 12 Gallons of Metheglin; and according to the quantity you make of Methegl n, you muſt add of your herbs or take away. When you have put theſe things together ſet it upon a quick fire, and let it boil as faſt as you can for half an hour, or better, skiming of it very clean, which you muſt Clarifie with two or three whites of Eggs. Then take it off from the fire, and put it preſently into ſome clean covers, and let it ſtand till the next morning; then

then pour the clear from the bottom and tun it up; putting in a little bag of ſuch ſpice as you like, whereof Ginger muſt be the moſt. After it hath ſtood ſome three or four days, you may put in ſome two or three ſpoonfuls of good-ale-yeſt; it will make it ready the ſooner to drink, if you let it work together, before you ſtop it up.

The older the honey is, the whiter coloured the Metheglin will be.

To make White Metheglin of Sir *John Forteſcue.*

Take twelve Gallons of water, one handful of each of theſe herbs, Eglantine, Roſemary, Parſley, Strawberry-leaves, Wild-thyme, Balm, Liver-wort, Betony, Scabious; when your water begins to boil, caſt in your herbs, and let them boil a quarter of an hour. Then ſtrain it from the herbs. When it is almoſt cold, then put in as much of the beſt honey, as will make it bear an Egge, to the breadth of two pence; and ſtir it till all the honey be melted. Then boil it well half an hour at the leaſt, and put into it the whites of ſix Eggs beaten to a froth to clarifie it; and when it hath drawn all the ſcum to the top, ſtrain it into woodden veſſels. When it is almoſt cold, put barm to it, and when it worketh well, Tun it into a well-ſeaſoned veſſel, where neither Ale nor Beer hath been, for

for marring the colour; and when it hath done working, take a good quantity of Nutmegs, Mace, Cinnamon, Cloves and Ginger-bruiſed, and put it into a boulter bag, and hang it in the barrel.

If you will have it taſte much of the ſpice, let it boil 3 or 4 walms in it, after you have put in the honey. But that will make it have a deep colour.

A Receipt for Meathe.

To ſeven quarts of water, take two quarts of honey, and mix it well together; then ſet it on the fire to boil, and take three or four Parſley-roots, and as many Fennel-roots, and ſhave them clean, and ſlice them, and put them into the Liquor, and boil altogether, and skim it very well all the while it is a boyling; and when there will no more ſcum riſe, then is it boiled enough: but be careful that none of the ſcum do boil into it. Then take it off, and let it cool till the next day. Then put it up in a cloſe veſſel, and put thereto half a pint of new good barm, and a very few Cloves pounded and put in a Linnen-cloth, and tie it in the veſſel, and ſtop it up cloſe; and within a fortnight, it will be ready to drink: but if it ſtay longer, it will be the better.

My Lord Gorge *his Meathe.*

Take a ſufficient quantity of Rain-water, and boil in it the tops of Roſe-mary, Eglantine, Betony, Strawberry-leaves, Wall-flowers, Borage and Bugloſs, of each one handful; one ſprig of Bays; and two or three of Sage. Then take it off the fire, and put a whole raw Egge into it, and pour ſo much honey to it, till the Egge riſe up to the top; then boil it again, skiming it very well, and ſo let it cool. Then Tun it up, and put Barm to it, that it may ferment well. Then ſtop it up, and hang in it ſuch ſpices, as you like beſt. It will not be right to drink under three or four moneths.

The Lady Vernon's *White Metheglin.*

Take three Gallons of water (rain water is beſt) boil in it broad Thyme, Roſe-mary, Peny-royal, of each three handfuls. Then put it into a ſtone Pan to cool, and ſtrain away the herbs; and when it is cold, put in one quart of honey, and mix it very well; then put to it one Nutmeg, a little Cinnamon; Cloves and Ginger; ſome Orange and Limon-peels. Then boil and ſcum it very well, while any ſcum will riſe. Then put in your ſpices, and try with a New-laid-egg; and the ſtronger it is, the longer you may keep it; and if you will drink it preſently, put it up in bottles, and rub the Corks

Corks with yeſt, that it may touch it, and it will be ready in three or four days to drink. And if you make it in the ſpring put no ſpices, but Cloves and Cinnamon, and add Violets, Cowſlips, Marigolds, and Gillyflowers; and be ſure to ſtop your veſſel cloſe with Cork; and to this put no yeſt, for the Clove-gillyflowers will ſet it to work.

Several ſorts of Meath, Small and Strong.

1. *Small.* Take ten Gallons of water, and five quarts of honey, with a little Roſemary, more Sweet-bryar, ſome Balme, Burnet, Cloves, leſs Ginger, Limon Peel. Tun it with a little barm; let it remain a week in the barrel with a bag of Elder-flowers; then bottle it.

2. *Small.* Take ten quarts of water, and one of honey, Balm a little; Minth, Cloves, Limon-peel, Elder-flowers, a little Ginger; wrought with a little yeſt, bottle it after a night working.

3. *Strong.* Take ten Gallons of water; thirteen quarts of honey, with Angelica, Borrage and Bugloſs, Roſemary, Balm and Sweet-bryar; pour it into a barrel, upon three ſpoonfuls of yeſt; hang in a bag Cloves, Elder-flowers, and a little Ginger.

4. *Very Strong.* Take ten Gallons of Water, and four of honey, with Sea-worm-wood, a little

little Sage, Roſemary; put it in a barrel, after three days cooling. Put no yeſt to it. Stop it cloſe, and bottle it after three or four months.

5. *Very Strong.* To ten Gallons of water take four of honey. Clarifie it with flower; and put into it Angelica, Roſemary, Bayleaves, Balm. Barrel it without yeſt. Hang in a bag Cloves, Elder-flowers, a little Ginger.

6. *Very ſtrong.* Take ten Gallons of water, and four of Honey. Boil nothing in it. Barrel it when cold, without yeſt. Hang in it a bag with Cloves, Elder-flowers, a little Ginger and Limon peel; which throw away, when it hath done working, and ſtop it cloſe. You may make alſo ſtrong and ſmall by putting into it Orris-roots; or with Roſe-mary, Betony, Eyebright and Wood-ſorrel: or adding to it the tops of Hypericon with the flowers of it; Sweet-bryar; Lilly of the valley.

To make Meath.

Take three Gallons of water, a quart of Honey; if it be not ſtrong enough, you may adde more. Boil it apace an hour, and ſcum it very clean. Then take it off, and ſet it a working at ſuch heat as you ſet Beer, with good yeſt. Then put it in a Runlet, and at three days end, draw it out in ſtone bottles; into every one put a piece of Limon-peel and

two

two Cloves. It is only put into the Runlet, whileſt it worketh, to avoid the breaking of the Bottles.

Sir John Arundel's *White Meath.*

Take three Gallons of Honey, and twelve Gallons of water: mix the honey and water very well together, till the honey is diſſolved; ſo let it ſtand twelve hours. Then put in a New-laid-egg; if the Liquor beareth the Egg, that you ſee the breadth of a groat upon the Egg dry, you may ſet it over the fire: if it doth not bear the Egg, then you muſt adde a quart or three pints more to the reſt; and then ſet it over the fire, and let it boil gently, till you have skimed it very clean, and clarified it, as you would do Suggar, with the whites of three New-laid-eggs. When it is thus made clear from all ſcum, let it boil a full hour or more, till the fourth part of it is waſted; then take it off the fire; and let it ſtand till the next day. Then put it into a veſſel. When it hath been in the barrel five or ſix days, make a white toſt, and dip it into new yeaſt, and put the toſt into the barrel, and let it work. When it hath done working, ſtop it up very cloſe. This keep three quarters of a year. You may drink it within half a year, if you pleaſe. You may adde in the boiling, of what herbs you like the taſte, or what is Phyſical.

To make Metheglin.

Take eight Gallons of water, and ſet it over a clear fire in a Kettle; and when it is warm, put into it ſixteen pound of very good honey; ſtir it well together, till it be all mixed; and when it boileth, take off the ſcum, and put in two large Nutmegs cut into quarters, and ſo let it boil at leaſt an hour. Then take it off, and put into it two good handfuls of grinded Malt, and with a white ſtaff keep beating it together, till it be almoſt cold; then ſtrain it through a hair ſieve into a tub, and put to it a wine pint of Ale-yeſt, and ſtir it very well together; and when it is cold, you may, if you pleaſe, Tun it up preſently in a veſſel fit for it, or elſe let it ſtand, and work a day: And when it hath done working in your veſſel, ſtop it up very cloſe. It will be three weeks or a month, before it will be ready to drink.

To make white Meath.

Take ſix Gallons of water, and put in ſix quarts of honey, ſtirring it till the honey be throughly melted; then ſet it over the fire, and when it is ready to boil, skim it very clean. Then put in a quarter of ounce of Mace, ſo much Ginger, half an ounce of Nutmegs, Sweet-marjoram, Broad-thyme, and Sweet-bryar, of altogether a handful; and boil them well

well therein; Then ſet it by, till it be through cold, and then Barrel it up, and keep it till it be ripe.

To make a Meath good for the Liver and Lungs.

Take of the Roots of Colts-foot, Fennel and Fearn each four Ounces. Of Succory-roots, Sorrel-roots, Strawbery-roots, Bitter-ſweet-roots, each two Ounces, of Scabious-roots and Elecampane-roots, each an Ounce and a half. Ground-ivy, Hore-hound, Oak of *Jeruſalem*, Lung-wort, Liver-wort, Maiden-hair, Harts-tongue of each two good-fulls. Licoriſh four Ounces. Jujubes, Raiſins of the Sun and Currents of each two Ounces; let the roots be ſliced, and the herbs be broken a little with your hands; and boil all theſe in twenty quarts of fair running water, or, if you have it, in Rain water, with five Pints of good white honey, until one third part be boiled away; then pour the Liquor through a Jelly bag often upon a little Coriander-ſeeds, and Cinnamon; and when it runneth very clear, put it into Bottles well ſtopped, and ſet it cool for your uſe, and drink every morning a good draught of it, and at five in the afternoone.

To make white Metheglin.

Put to three Gallons of Spring-water, one of honey. First let it gently melt; then boil for an hour, continually, skiming it; then put it into an earthen or a woodden veſſel, and when it is a little more then Blood-warm, ſet it with Ale-yeſt, and ſo let it ſtand twelve hours. Then take off the yeſt, and bottle it up. Put into it Limon-peel and Cloves, or what beſt pleaſeth your taſte of Spice or Herbs. Eringo-roots put into it, when it is boiling, maketh it much better.

Note, That if you make Hydromel by fermentation in the hot Sun (which will laſt about fourty days, and requireth the greater heat) you muſt take it thence, before it be quite ended working; and ſtop it up very cloſe, and ſet it in a cold Cellar, and not pierce it in two months, at the ſooneſt. It will be very good this way, if you make it ſo ſtrong, as to bear an Egge very boyant. It is beſt made by taking all the Canicular days into your fermentation.

A very good Meath.

Put three parts of water to one of honey. When the Honey is diſſolved, it is to bear an Egge boyant. Boil it and skim it perfectly clear. You may boil in it Pellitory of the wall,

Agrimony,

Agrimony, or what herbs you pleaſe. To every ten Gallons of water, take Ginger, Cinnamon, *ana*, one Ounce, Nutmegs half an Ounce. Divide this quantity (ſliced and bruiſed) into two parts. Boil the one in the Meath, ſevering it from the Liquor, when it is boiled, by running through a ſtrainer; and hang the other parcel in the barrel by the bung in a bag with a bullet in it. When it is cold, Tun it. And then you may work it with barm if you pleaſe; but it is moſt commended, without.

To make white Metheglin.

Take the Hony-comb, that the Honey is run out from them, and lay them in water over night; next day ſtrain them, and put the Liquor a boiling; Then take the whites of two or three Eggs, and clarifie the Liquor. When you have ſo done, skim it clean. Then take a handful of Peny-royal; four handfuls of Angelica; a handful of Roſemary; a handful of Borrage; a handful of Maidenhair, a handful of Hartstongue; of Liverwort, of Water-creſſes, of Scurvy-graſs, *ana*, a handful; of the Roots of Marſhmallows, Parſley, Fennel, *ana*, one Ounce. Let all theſe boil together in the Liquor, the ſpace of a quarter of an hour. Then ſtrain the Liquor from them, and let it cool, till it be Blood-warm. Put in ſo much honey, until an Egge ſwim on it; and when your honey

is melted, then put it into the Barrel. When it is almoſt cold, put a little Ale-barm to it; And when it hath done working, put into your barrel a bag of Spice of Nutmegs, Ginger, Cloves and Mace, and grains good ſtore; and if you will put into a Lawn-bag two grains of Amber-greece, and two grains of Musk, and faſten it in the mouth of your barrel, and ſo let it hang in the Liquor.

A moſt Excellent Metheglin.

Take one part of honey, to eight parts of Rain or River-water; let it boil gently together, in a fit veſſel, till a third part be waſted, skiming it very well. The ſign of being boiled enough is, when a New-laid-egg ſwims upon it. Cleanſe it afterwards by letting it run through a clean Linnen-cloth, and put it into a woodden Runlet, where there hath been wine in, and hang in it a bag with Muſtard-ſeeds by the bung, that ſo you may take it out, when you pleaſe. This being done, put your Runlet into the hot Sun, eſpecially during the Dog-days, (which is the onely time to prepare it) and your Metheglin will boil like Muſt; after which boiling take out your Muſtard-ſeeds, and put your veſſel well ſtopped into a Cellar. If you will have it the taſte of wine, put to thirty meaſures of Hydromel one meaſure of the juyce of hops, and it will

begin

begin to boil without any heat. Then fill up your veſſel, and preſently after this ebullition you will have a very ſtrong Metheglin.

To make white Metheglin of the Counteſs of Dorſet.

Take Roſemary, Thyme, Sweet-bryar, Peny-royal, Bays, Water-creſſes, Agrimony, Marſh-mallow-leaves, Liver-wort, Maiden-hair, Betony, Eye-bright, Scabious, the bark of the Aſh-tree, Eringo-roots, Green-wild-Angelica, Ribwort, Sanicle, Roman-worm-wood, Tamariſk, Mother-thyme, Saſſafras, Philipendula, of each of theſe herbs a like proportion; or of as many of them as you pleaſe to put in. But you muſt put in all but four handfuls of herbs, which you muſt ſteep one night, and one day, in a little bowl of water, being cloſe covered; the next day take another quantity of freſh water, and boil the ſame herbs in it, till the colour be very high; then take another quantity of water, and boil the ſame herbs in it, until they look green; and ſo let it boil three or four times in ſeveral waters, as long as the Liquor looketh any thing green. Then let it ſtand with theſe herbs in it a day and night. Remember the laſt water you boil it in to this proportion of herbs, muſt be twelve gallons of water. and when it hath ſtood a day and a night, with theſe herbs in it, after the

laſt boiling, then ſtrain the Liquor from the herbs, and put as much of the fineſt and beſt honey into the Liquor, as will make it bear an Egg. You muſt work and labour the honey and liquor together one whole day, until the honey be conſumed. Then let it ſtand a whole night and then let it be well laboured again, and let it ſtand again a clearing, and ſo boil it again a quarter of an hour, with the whites of ſix New laid-eggs with the ſhells, the yolks being taken out; ſo ſcum it very clean, and let it ſtand a day a cooling. Then put it into a barrel, and take Cloves, Mace, Cinamon, and Nutmegs, as much as will pleaſe your taſte, and beat them altogether; put them into a linnen bag, and hang it with a thread in the barrel. Take heed you put not too much ſpice in; a little will ſerve. Take the whites of two or three New-laid-eggs, a ſpoonful of barm, and a ſpoonful of Wheat-flower, and beat them altogether, and put it into your Liquor into the barrel, and let it work, before you ſtop it. Then afterwards ſtop it well, and cloſe it well with clay and Salt tempered together, and let it be ſet in a cloſe place; and when it hath been ſettled ſome ſix weeks, draw it into bottles, and ſtop it very cloſe, and drink it not a month after: but it will keep well half a year, and more.

Another to make white Metheglin.

Take ten Gallons of water; then take ſix handfuls of Sweet-bryar; as much of Sweet-marjoram; and as much of *Muſcovy*. Three handfuls of the beſt Broad-thyme. Boil theſe together half an hour; then ſtrain them. Then take two Gallons of Engliſh-honey, and diſſolve it in this hot Liquor, and brew it well together; then ſet it over the fire to boil again, and skim it very clean; then take the whites of thirty Eggs well beaten, and put them into the Liquor, & let it boil an hour; then ſtrain it through a jelly bag, and let it ſtand 24 hours cooling: then put it up in a veſſel. Then take ſix Nutmegs, ſix fair Races of Ginger, a quarter of an Ounce of Cloves, half an Ounce of Cinamon; bruiſe all theſe together, and put them into a Linnen-bag, with a little Pebble-ſtone to make it ſink. Then hang it in the veſſel. You may adde to it, if you pleaſe, two grains of Amber-greece, and one grain of Musk. Stop the veſſel with a Cork, but not too cloſe, for ſix days; then taſte it: and if it taſte enough of the Spice, then take out the bag; if not, let the bag hang in it, and ſtop it very cloſe, and meddle with it no more. It will be ready to drink in nine or ten weeks.

A Receipt to make good Meath.

Take as many Gallons of water, as you intend to make of Meath; and to every Gallon put a quart of honey, and let it boil till it bear an Egg. To every Gallon you allow the white of an Egg, which white you muſt remove and break with your hands, and put into the Kettle, before you put it over the fire. Before it boileth, there will ariſe a skum, which muſt be taken off very clean, as it riſeth. Put to every Gallon two Nutmegs ſliced, and when it hath boiled enough, take it off, and ſet it a cooling in clean wort-veſſels: And when it is as cold as wort, put in a little barm, and work it like Beer, and when it hath done working, ſtop it up, and let it ſtand two months.

Another to make Meath.

To every quart of honey allow ſix Wine-quarts of water; half an Ounce of Nutmegs, and the Peel of a Limon, and the meat of two or three, as you make the quantity. Boil theſe together, till the ſcum riſe no more; It muſt ſtand till it be quite cold, and when you Tun it, you ſqueeſe into it the juyce of ſome Limons, and this will make it ripen quickly. It will be ready in leſs then a month.

Another

Another Receipt.

Take twelve Gallons of water, a handful of Muſcovy (which is an herb, that ſmelleth like Musk) a handful of Sweet-Marjoram, and as much of Sweet-bryar. Boil all theſe in the water, till all the ſtrength be out. Then take it off, and ſtrain it out, and being almoſt cold, ſweeten it with honey very ſtrong, more then to bear an Egg, (the meaning of this is, that when there is honey enough to beat an Egg, which will be done by one part of honey to three or four quarts of water: then you add to it a pretty deal of honey more, at leaſt $\frac{1}{4}$ or $\frac{1}{5}$ of what you did put in at firſt to make it bear an Egg: then it is to be boiled and ſcummed: when it is thus ſtrong, you may keep it four years before you drink it. But at the end of two years you may draw it out into bottles) juſt above it, elſe it will not keep very long: for the more honey the better. Then ſet it over the fire till it boils, and ſcum it very clean. Then take it from the fire, and let it ſtand, till it be cold: then put it into your veſſel. Take Mace, Cloves, Nutmegs, Ginger, of each a quarter of an Ounce: beat them ſmall, and hang them in your veſſel (being ſtopped cloſe) in a little bag.

Note, when any Meath or Metheglin grows hard or ſower with keeping too long, diſſolve in it

it a good quantity of freſh honey, to make it pleaſantly Sweet; (but boil it no more, after it hath once fermented, as it did at the firſt Tunning) and with that it will ferment again, and become very good and pleaſant and quick.

To make Metheglin.

Take of Roſemary three handfuls, of Winter-ſavory a Peck by meaſure, Organ and Thyme, as much, White-wort two handfuls, Blood-wort half a peck, Hyſſop two handfuls, Mary-golds, Borage, Fennil, of each two handfuls; Straw-berries and Violet-leaves, of each one handful; Of Harts-tongue, Liverwort a peck; Ribwort half a peck, of Eglantine with the Roots, a good quantity; Wormwood as much as you can gripe in two hands; and of Sorrel, Mead-ſutt, Bettony with the Roots, Blew-bottles with the Roots, the like quantity; of Eye-bright two handfuls, Wood-bind one handful. Take all theſe herbs, and order them ſo, as that the hot herbs may be maſtered with the cool. Then take the ſmall herbs, and put them into the Furnace, and lay the long herbs upon them. Then take a weight or ſtone of Lead, having a Ring, whereunto faſten a ſtick to keep down the Herbs into the furnace; then boil your water and herbs three or four hours, and as the water doth boil away, adde more.

Then

Then take the water out of the Furnace ſeething hot, and ſtrain it through a Range-ſieve; then put in the honey, and Maſh it well together: then take your Sweet-wort, and ſtrain it through a Range. Then try it with a New-laid-egg. It muſt be ſo ſtrong as to bear an Egg the breadth of a groat above the Liquor: and if it doth not, then put in more honey, till it will bear the Egg. Then take the Liquor, and boil it again; and aſſoon as it doth boil, skim the froth very clean from it: Then ſet it a cooling, and when it is cold, then put it into a Kive, and put barm thereto, and let it work the Space of a Week; Then Tun it up: But be careful when it is Tunned, that the veſſels be not ſtopp'd up, till it hath done hiſſing.

Another ſort of Metheglin.

Take to one part of honey, three parts of water: and put them into clean veſſels, mixing them very well together, and breaking the honey with ſtripped arms, till it be well diſſolved. Then pour out your Liquor into a large Kettle, and let it boil for two hours and a half, over a good fire, skiming it all the while very carefully as long as any ſcum riſeth. When it is boiled enough, pour out your Liquor into clean veſſels, and ſet it to cool for 24 hours. Afterwards put it into ſome Runlets, and cover the bung with a piece of Lead:

have

have a care to fill it up always with the same boiled Liquor for three or four months and during the time of working. This Meath the older it is, the better it is. But if you will have your Meath red, then take twenty pound of black Currants, and put them into a vessel, and pour your Liquor on them. Of this honey-Liquor you cannot drink till after nine months, or a year.

My Lord Herbert's *Meath.*

Take ten Gallons of water; and to every Gallon of water a quart of honey, a handful and a half of Rose-mary, one Ounce of Mace, one Ounce and a half of Nutmegs, as much Cinamon, half an Ounce of Cloves, a quarter of a pound of Ginger scraped and cut in pieces. Put all these into the water, and let it boil half an hour, then take it off the fire, and let it stand, till you may see your shadow in it. Then put in the honey, and set it upon the fire again. Then take the shells and whites of a dozen of Eggs, and beat them both very well together: and when it is ready to boil up, put in your Eggs, and stir it; then skim it clean, and take it off the fire, and put it into vessels to cool, as you do wort. When it is cold, set it together with some barm, as you do Beer. When it is put together leave the settlings behind in the bottom; as soon as it is white

white over, Tun it up in a veſſel, and when it hath done working, ſtop it up as you do Beer. When it is three weeks old, it will be fit to bottle or drink.

Another white Meath.

Take three Pound of White-honey, or the beſt *Hampſhire*-honey, and diſſolve it in a Gallon of water, and then boil it; and when it beginneth firſt to boil, put into it half a quarter of an Ounce of Ginger a little bruiſed; and a very little Cloves and Mace bruiſed, and a ſmall quantity of Agrimony. Let all this boil together a full hour, and keep it conſtantly skimmed, as long as any Scum will riſe upon it. Then ſtrain it forth into ſome clean Kiver or other veſſel, and let ſtand a cooling; and when it is cold, let it ſtand, till it be all creamed over with a blackiſh cream, and that it make a kind of hiſſing noiſe; then put it up into your veſſel, and in two or three months time it will be fit to drink.

Look how much you intend to make, the ſame quantities muſt be allowed to every Gallon of water.

To make Metheglin.

Take fair water, and the beſt honey; beat them well together, but not in a woodden veſſel, for wood drinketh up the honey, put it together

together in a Kettle, and try it with a New-laid-egg, which will ſwim at top, if it be very ſtrong; but if it bob up, and ſink again, it will be too weak. Boil it an hour, and put into it a bundle of herbs, what ſort you like beſt; and a little bag of Spice, Nutmegs, Ginger, Cloves, Mace and Cinamon; and skim it well all the while it boileth: when it hath boiled an hour, take it off, and put it into earthen Pans, and ſo let it ſtand till next day. Then pour off all the clear into a good veſſel, that hath had Sack in it, or White-wine. Hang the bag of Spice in it, and ſo let it ſtand very cloſe ſtopp'd and well filled for a month, or longer. Then if you deſire to drink it quickly, you may bottle it up. If it be ſtrong of the honey, you may keep it a year or two. If weak, drink it in two or three months. One quart of honey, will make one Gallon of water very ſtrong. A ſprig or two of Roſe-mary, Thyme and Sweet-marjoram, are the Herbs that ſhould go into it.

To make ſmall Metheglin.

Take to every quart of White-honey, ſix quarts of fair-water. Let it boil, until a third part be boiled away; skiming it, as it riſeth: then put into it a ſmall quantity of Ginger largely ſliced; then put it out into earthen Pans, till it be Luke-warm, and ſo put it up into an earthen ſtand, with a tap in it. Then

put

put to it about half a Porenger-ful of the beſt Ale-yeſt, ſo beat it well together; Then cover it with a cloth, and it will be twelve hours before it work; and afterwards let it ſtand two days, and then draw it out into ſtone bottles, and it will be ready to drink in five or ſix days after. This proportion of yeſt (which is about ſix good ſpoonfuls) is enough for three or four Gallons of Liquor. The yeſt muſt be of good Ale, and very new. You may mingle the yeſt firſt with a little of the Luke-warm-Liquor; then beat it, till it be well incorporated, and begins to work; Then adde a little more Liquor to it, and beat that. Continue ſo adding the Liquor by little and little, till a good deal of it be Incorporated with the yeſt; then put that to all the reſt of the quantity, and beat it altogether very well; then cover it cloſe, and keep it warm for two or three days. Before you bottle it, ſcum away all the barm and Ginger (whereof a ſpoonful or two is enough for three or four Gallons) then bottle up the clear, leaving the dregs. If you will, you may Tun it into a barrel, (if you make a greater quantity) when the barm is well Incorporated with the Liquor, in the ſame manner as you do Beer or Ale, and ſo let it work in the Barrel as long as it will; then ſtop it up cloſe for a few days more, that ſo it may clear it ſelf well, and ſeparate and

precipitate

precipitate the dregs. Then draw the clear into bottles. This will make it leſs windy, but alſo a little leſs quick, though more wholeſome. You may alſo boil a little handful of tops of Roſemary in the Liquor, which giveth it a fine taſte: but all other herbs, and particularly Sweet-marjoram and Thyme, give it a Phyſical taſte. A little Limon-peel giveth it a very fine taſte. If you Tun it in a barrel, to work there, you may hang the Ginger and Limon-peel in it in a bag, till you bottle it, or till it have done working. Then you may put two or three ſtoned and ſliced Raiſins, and a lump of fine Sugar into every bottle to make it quick.

To make Metheglin.

Take five Gallons of water, and one Gallon of good White-honey; ſet it on the fire together, and boil it very well, and skim it very clean; Then take it off the fire, and ſet it by. Take ſix ounces of good Ginger, and two ounces of Cinamon, one Ounce of Nutmegs; bruiſe all theſe groſly, and put them into your hot Liquor, and cover it cloſe, and ſo let it ſtand, till it be cold. Then put as much Ale-barm to it, as will make it work; then keep it in a warm place, as you do Ale; and when it hath wrought well, Tun it up, as you do Ale or Beer: and when it is a week old, drink of it at your pleaſure.

An Excellent Metheglin.

Take Spring-water, and boil it with Roſemary, Sage, Sweet-Marjoram, Balm and Saſſafras, until it hath boiled three or four hours: The quantity of the Herbs is a handful of them all, of each a like proportion, to a Gallon of water. And when it is boiled, ſet it to cool and to ſettle until the next day: Then ſtrain your water, and mix it with honey, until it will bear an Egg the breadth of a Groat. Then ſet it over the fire to boil. Take the whites of twenty or thirty Eggs, and beat them mightily, and when it boileth, pour them in at twice; ſtir it well together, and then let it ſtand, until it boileth a pace before you ſcum it, and then ſcum it well. Then take it off the fire, and pour it in earthen things to cool: and when it is cold, put to it five or ſix ſpoonfuls of the beſt yeſt of Ale you can get: ſtir it together, and then every day ſcum it with a bundle of Feathers till it hath done working: Then Tun it up in a Sack-cask and to every ſix gallons of Metheglin put one pint of *Aqua-vitæ*, or a quart of Sack; and a quarter of a pound of Ginger ſliced, with the Pills of two or three Limons and Orenges in a bag to hang in it.

The Whites of Eggs above named, is a fit proportion for 10 or 12 Gallons of the Liquor.

To make white Meathe.

Take six Gallons of water, and put in six quarts of Honey, stirring it till the honey be throughly melted; then set it over the fire, and when it is ready to boil, skim it clean; then put in a quarter of an Ounce of Mace; so much Ginger; half an Ounce of Nutmegs; Sweet-marjoram, Broad-thyme and Sweet-Bryar, of all together a handful, and boil them well therein. Then set it by, till it be throughly cold, and barrel it up, and keep it till it be ripe.

Another to make Meathe.

To every Gallon of water, take a quart of Honey, to every five Gallons, a handful of of Sweet-marjoram, half a handful of Sliced-ginger; boil all these moderately three quarters of an hour; then let it stand and cool: and being Lukewarm, put to every five Gallons, about three quarts of Yest, and let it work a night and a day. Then take off the Yest, and strain it into a Runlet; and when it hath done working: then stop it up, and so let it remain a month: then drawing out into bottles, put into every bottle two or three stoned Raisins, and a lump of Loaf-sugar. It may be drunk in two months.

Another

Another very good white Meath.

Take to every Gallon of water a quart of Honey: boil in it a little Roſe-mary and Sweet-marjoram: but a large quantity of Sweet-bryar-leaves, and a reaſonable proportion of Ginger: boil theſe in the Liquor, when it is skimmed: and work it in due time with a little barm. Then tun it in a veſſel; and draw it into bottles, after it is ſufficiently ſettled. Whites of Eggs with the ſhells beaten together, do clarifie Meath beſt. If you will have your Meath cooling, uſe Violet and Straw-berry-leaves, Agrimony, Eglantine and the like: adding Borage and Bugloſs, and a little Roſe-mary and Sweet-Marjoram to give it Vigor.

Tartar makes it work well.

To make white Metheglin.

Take to three Gallons of Spring-water, one of Honey; firſt let it gently melt, then boil for an hour, continually skiming it; then put it into an earthen or woodden veſſel, and when it is little more then Blood-warm, ſet it with Ale-yeſt, and ſo let it ſtand twelve hours; then take off the Yeſt, and Bottle it. Put in it Limon-peel and Cloves, or what beſt pleaſeth your taſte of Herbs or Spices. Eringo-roots put into it, when it is a boiling, maketh it much better. So do Clove-gilly-flowers, a

quantity of which make the Meath look like Claret-wine. I obſerve that Meath requireth ſome ſtrong Herbs to make it quick and ſmart upon the Palate; as Roſe-mary, Bay-leaves, Sage, Thyme, Marjoram, Winter-ſavory, and ſuch like, which would be too ſtrong and bitter in Ale or Beer.

To make white Meath.

Take Roſe-mary, Thyme, Sweet-bryar, Peny-royal, and Bays, Water-creſſes, Agrimony, Marſh-mallows, leaves and flowers: Liver-wort, Wood-betony, Eye-bright, Scabious, of each a like quantity; of the bark of Aſh-tree, of Eringo-roots-green, of each a proportion to the herbs; of wild Angelica, Rib-wort, Sanicle, Roman-worm-wood, of each a proportion, which is, to every handful of the Herbs above-named, a ſixteenth part of a handful of theſe latter; ſteep them a night and a day, in a woodden boul of water covered; the next day boil them very well in another water, till the colour be very high; Then take another quantity of water, and boil the herbs in it, till it look green, and ſo let it boil three or four times, or as long as the liquor looketh any thing green; then let it ſtand with theſe herbs in it a day and a night.

To every Gallon of this water, put a quart of pure clear honey, the Liquor being firſt ſtrain-

ſtrained from the herbs. Your Liquor if it be ſtrong enough will bear an Egg, the breadth of a three pence above water. When you have put the honey into the Liquor, you muſt work and Labour it together a whole day, until the honey be conſumed. Then let it ſtand a whole night again a clearing. Then put it into a kettle, and let it boil a quarter of an hour, with the whites and ſhells of ſix Eggs; Then ſtrain it clean, and ſo let it ſtand a cooling. Then put it into a barrel, and take Cloves, Mace, Cinamon, Nutmegs, and beat them together: put them into a linnen bag, hang it with a thread into the barrel. If you would have it work, that you may drink of it preſently, take the whites of two or three Eggs, a ſpoonful of barm, a ſpoonful of wheat-flower; beat all theſe together: Let it work, before you ſtop it up. Then afterwards ſtop it well with clay and ſalt tempered together, to keep it moiſt.

To make Metheglin.

If your honey be tryed, take ſix Gallons of Milk-warm-water, to one of honey, and ſtir it well together ever and anon, and ſo let it ſtand for a day and night, or half a day may ſerve; then boil it with a gentle fire, for the ſpace of half an hour or thereabouts, and skim it, ſtill as the skum ariſeth. After it is ſcummed once or twice, you may put in your herbs, and ſpice

grosly beaten, one half loose; the other in a bag, which afterwards may be fastned with a string to the tap-hole, as Pepper, Cloves, Mace, Ginger and the like; when it is thus boiled, let it stand in the vessel until it be cooled; then Tun it up into your barrel, and let it work two or three days, or more before you stop the bung-hole; but in putting up the boiled liquor into the barrel, reserve the thick grounds back, which will be settled in the pan or kettle.

If you would have it to drink within two or three months, let it be no stronger then to bear an Egg to the top of the water. If you would have it keep six months, or longer, before you drink it, let it bear up the Egg the breadth of two pence above the water. This is a surer way to proportion your honey then by measure. And the time of the tryal of the strength is, when you incorporate the honey and water together, before the boiling of it.

Another sort of Meath.

Take thirty six Gallons of fountain water (first boiled, &c.) and dissolve twelve Gallons of Honey in it. Keep them boiling an hour and a half after they begin to boil, skimming well all the while. It will be an hour upon the fire before it boil: When it is clear and enough boiled, pour it out into woodden vessels

veſſels to cool. When you are ready to Tun it, have four Gallons of Black-currants, bruiſe them in a ſtone mortar, that they may the more eaſily part with their juyce to the Liquor. Put them and their juyce into the barrel, and pour the cool Liquor upon them, ſo as the veſſel be quite full. Cover the bung with a plate of lead lying looſe on, that the working of the Liquor may liſt it up, as it needeth to caſt out the filth. And ſtill as it worketh over, fill it up with freſh Liquor, made in the ſame proportion of honey and water. A moneth after it works no longer, ſtop up the bung very cloſe.

To make very good Metheglin.

Take of all ſorts of herbs, that you think are good and wholſome, as Balm, Minth, Fennel, Roſe-mary, Angelica, Wild-thyme, Hyſſop, Agrimony, Burnet, and ſuch other as you may like; as alſo ſome field herbs; But you muſt not put in too many, eſpecially Roſemary or any ſtrong herb. Leſs then half a handfull will ſerve of every ſort. Boil your herbs, and ſtrain them out, and let the Liquor ſtand till the morrow, and ſettle; Then take of the cleareſt of the Liquor two Gallons and a half to one Gallon of Honey; and in that proportion take as much of them as you will make, and let it boil an hour, and in the boiling

ſcum it very clean. Then ſet it a cooling as you do Beer; and when it is cold, take ſome very good Ale-barm, and put it into the bottom of the Tub, you mean the Metheglin ſhall work in, which pour into the Tub by little and little, as they do Beer, keeping back the thick ſettling, which lieth in the bottome of the veſſels, wherein it is cooled. And when all is put together, cover it with a cloth, and let it work very near three days. And when you mean to put it up, ſcum off all the barm clean, and put it up into your Barrel or Firkin, which you muſt not ſtop very cloſe in four or five days, but let it have a little vent, for it will work; and when it is cloſe ſtopped, you muſt look to it very often, and have a peg in the top, to give it vent, when you hear it make a noiſe (as it will do) or elſe it will break the barrel. You may alſo, if you pleaſe, make a bag, and put in good ſtore of ſliced Ginger, and ſome Cloves and Cinnamon, and boil it in, or put it into the barrel and never boil it. Both ways are good.

If you will make ſmall Metheglin, you may put five or ſix Gallons of water to one of honey. Put in a little Cinnamon and Cloves and boil it well. And when it is cold, put it up in bottles very cloſe ſtopped, and the ſtopples well tyed on. This will not keep above five or ſix weeks, but it is very fine drink.

Make

Make your Metheglin as ſoon as ever you take your Bees; for if you waſh your combs in the water you boil your herbs in, when it is cold, it will ſweeten much. But you muſt afterwards ſtrain it through a cloth, or elſe there will be much wax.

To make Meath.

If you will have it to keep a year or two, take ſix parts of water, and one of honey; But if you will have it to keep longer, take but four parts of water to one of honey. Diſſolve the honey very well in the water, then boil it gently, skimming it all the while as the ſcum riſeth, till no more ſcum riſeth. Then pour it out of the Copper into a fit veſſel or veſſels to cool. Then Tun it up in a ſtrong and ſweet cask, and let it ſtand in ſome place, where there is ſome little warmth; (It will do as well without warmth, but be longer growing ripe) This will make it work. At firſt a courſe foul matter will work over; to which purpoſe it muſt be kept always full with freſh Liquor of the ſame, as it worketh over. When it begins to work more gently, and that which riſeth at the top, is no more foul, but is a white froth; then fill and ſtop it up cloſe, and ſet it in a cool cellar, where it is to ſtand continually.

After half a year or a year, you may draw it off from the Lees into a clean veſſel, or let it remain

remain untouched. It is not fit to be drunk for it's perfection till the ſweetneſs be quite worn off, yet not to be ſower, but vinous. You may drink it at meals inſtead of wine, and is wholſomer and better then wine.

To ſmall Meath, that is to be drunk preſently, you may put a little Ginger to give it life, and work it with a little barm. If the Meath work not at all, it will nevertheleſs be good, and peradventure better then that which worketh; but it will be longer firſt, and the dregs will fall down to the bottom, though it work not.

Small Meath of eighth or nine parts of water to one of honey, will be very good, though it never work, but be barrell'd up as ſoon as it is cold, and ſtopped cloſe: and after two or three months drunk from the barrel without botteling. This is good for Meals.

To make white Meath.

Take to every three Gallons of water, one Gallon of honey and ſet the water over the fire, and let the honey melt, before the water be too hot; then put in a New-laid-egg, and feel with your hand; if it comes half way the water, it is ſtrong enough; Then put into it theſe Herbs; Thyme, Sweet-marjoram, Winter-ſavoury, Sweet-bryar, and Bay-leaves, in all a good great handful; which a proportion for ten

ten Gallons; Then with a quick-fire boil it very fast half an hour, and no longer; and then take it from the fire, and let it cool in two or three woodden veſſels; and ſet it ſtand without ſtirring twenty four hours. Then ſoftly drain it out, leaving all the dregs behind. Put the clear into your veſſel; and if you like any ſpice, take Ginger, Nutmeg, Cinnamon, Mace and Cloves, and bruiſe them a little, and put them in a bag, and let them hang in your veſſel. Before you put your Meath into the veſſel, try if it will bear an Egg as broad as a peny; if it do, then it is very well; and if it be made with the beſt White-honey, it uſually is juſt ſo. But if it ſhould prove too ſtrong, that it bears the Egge broader; then boil a little more honey and water very ſmall, and put to it, when it is cold: and then put it into the veſſel. It is beſt to be made at *Michaelmas*, and not drunk of till Lent.

To make ſmall white Meath.

Take of the beſt white-honey ſix quarts; of Spring-water ſixteen Gallons; ſet it on a gentle fire at firſt, tell it is melted, and clean skimmed; then make it boil apace, until the third part be conſumed. Then take it from the fire, and put it in a cooler, and when it is cold, Tun it up, and let it ſtand eight months, before you drink it. When you take it from the fire,

ſlice

ſlice in three Orris-roots, and let it remain in the Liquor, when you Tun it up.

A Receipt to make Metheglin.

Take four Gallons of water, two quarts of Honey, two ounces of Ginger, one ounce of Nutmegs, a good handful of Roſe-mary tops, and as much of Bay-leaves, two ounces of dried Orange-peel. Boil all theſe till it be ſo ſtrong as will bear an Egg, and not ſink; when it is milk-warm, work it up with barm, during twenty four hours, and then barrel it up. And after three months you may bottle it up at your pleaſure.

As you deſire a greater quantity of the drink, you muſt augment the ingredients, according to the proportions above recited.

To make Metheglin.

Take four Gallons of water and one of Honey; boil and skim it: then put into it, Liver-wort, Harts-tongue, Wild-carrot, and Yarrow, a little Roſe-mary and Bays, one Parſly-root, and a Fennel-root; let them boil an hour altogether. You may, if you pleaſe, hang a little bag of ſpice in it. When it is cold, put a little barm to it, and let it work like Beer. The roots muſt be ſcraped, and the Pith taken out.

Meath

Meath from the Muſcovian *Ambaſſadour's Steward.*

Take three times as much water as honey; then let the tubs, that the honey muſt be wrought in, be cleanſed very clean with ſcalding water, ſo that it may not prove ſowre; alſo when you mix them together, take half-warm-water, and half cold, and ſqueeſe them well together; Afterwards when you think the honey is well melted, then let it run through a ſieve; and ſee your kettle of Copper or Iron (but Copper is better then Iron) be very clean; then put in your ſpice, as, Nutmegs, Ginger, Cloves, Cardamome, Aniſſeeds, Orange peel; put theſe in according to the quantity you make, and let them all be bruiſed, except the Orange-peel, which leave whole. The Meath muſt boil an hour by the Clock; after put it into Tubs to cool, and when it is cold, take three or four ſlices of White-bread, toſt them very hard, and ſpread very good yeſt on both ſides of the toſts; then put them into the Tubs. If it be warm weather, let the Tubs be uncovered; but if it be cold, cover them. This being done, you will find it worked enough by the black that cometh up by the ſides of the Tubs; then take a ſieve and take off the yeſt and bread. Afterwards draw it off at a tap in the Tub into the cask you intend to keep

keep it in; then take a quantity of ſpice as before, well-bruiſed, and put it into a bag, and make it faſt at the bung, with a ſtring, and if it begins to work, after it is in the caſk, be ſure to give it vent, or elſe you will looſe all.

To make Meath.

To every quart of honey put four quarts of Spring-water; temper the honey in the water, being a little warmed; then put it on the fire again, with Fennel, Roſe-mary, Thyme, Agrimony, Parſley or the like. Let them boil half an hour, and upwards; and as it boileth, ſcum the froth; Then take it off, and ſtrain it, and let it cool as you do your wort. Then put a little barm into it, then take off the froath again, and ſtir it well together. Then take two quarts of Ale, boiled with Cloves, Mace, Cinnamon, Ginger and Liquorice; and put it to the Meath and Tun it up.

A Receipt to make white Meath.

Take Roſe-mary, Thyme, Sweet-bryar, Penyroyal, Bays, Water-creſſes, Agrimony, Marſh-mallow-leaves and flowers, Liver-wort, Maiden-hair, Betony, Eye-bright, Scabious, the bark of an Aſh-tree, young Eringo-roots, Wild-Angelica, Ribwort, Sinacle, Roman-worm-wood, Tamariſk, Mother-thyme, Saxafrage, Philipendula,

dula, of each of these herbs a like proportion; or of as many as you please, to put in. You must put in all but four handfuls of herbs, which you must steep a night and a day, in a little bowl of water, being close covered. The next day take another fresh quantity of water, and boil the same herbs in it till the colour be very high; then take another quantity of water, and boil the same herbs in it, untill it look green; and so let them boil three or four times in several waters, as long as the Liquor looketh any thing green. Then let it stand with these herbs in it a day and a night. Remember the last water, you boil it in, to this proportion of herbs, must be eighteen Gallons. And when it hath stood a day and a night with these herbs in it after the last boiling, then strain the Liquor from the herbs; and put as much of the finest and best honey into the Liquor, as will bear an Egg; you must work the honey and liquor together a whole day, until the honey be consumed; then let it stand one whole night; then let it be well laboured again, and set it a clearing; and so boil it again with the whites of six New-laid-eggs with the shells; skim it very clean; and let it stand a day a cooling; then put it into a barrel, and take Cloves, Mace, Cinnamon and Nutmegs as much as will please your taste, and beat them all together, and put them in a Linnen

nen bag, and hang it with a thread into the barrel. Then take the whites of two or three New-laid-eggs, a ſpoonful of barm, a ſpoonful of Wheat-flower, and beat them all together, and put it into your Liquor in the barrel, and let it work before you ſtop it; then afterwards ſtop it well, and ſet it in a cold place, and when it hath been ſettled ſome ſix weeks: draw it into bottles, and ſtop it very cloſe, and drink not of it in a month after.

To make Metheglin.

Take eight Gallons of water, ſet it over a clear fire in a Kettle; and when it is warm, put to it ſixteen pounds of very good honey, and ſtir it well together; take off the ſcum, and put two large Nutmegs cut in quarters, and ſo let it boil at leaſt an hour; Then take it off the fire, and put to it two good handfulls of grinded Malt, and with a white ſtaff keep beating it together till it be almoſt cold; then ſtrain it through a hair-ſieve into a Tub, and put to it a wine-pint of Ale-yeſt, and ſtir it very well together; and when it is cold, you may if you pleaſe, Tun it up preſently into a veſſel fit for it, or elſe let it ſtand, and work a day, and when it hath done working in your veſſel, ſtop it up very cloſe. It will be three weeks or a month before it be ready to drink.

To make Honey drink.

To two quarts of water take one pound of Honey. When it boileth, skim it clean as long as any ſcum ariſeth; boil it a pretty while; then take it off the fire, and put it in an earthen pot, and let it ſtand till the next day; then put it into clean bottles, that are throughly dry, rinſing firſt every bottle with a little of the liquor; Fill them not too full, and put into every bottle four or five Cloves, and four or five ſlices of Ginger: and ſtop it very cloſe, and ſet it in Sand; and within ten or twelve days it will be ready to drink.

Some, when they take their Bees, put the honey-combs into fair-water, and make it ſo ſtrong of the honey that it will bear an Egg; and then boil it with ſome Spice, and put it into a barrel: but I think it not ſo good, as that which is made of pure honey.

The Earl of Denbigh's *Metheglin.*

Take twenty Gallons of Spring-water; boil it a quarter of an hour, and let it ſtand, until it be all moſt cold; then beat in ſo much honey, as will make it ſo ſtrong as to bear an Egg, ſo that on the Top, you may ſee the breadth of a haſel-nut ſwimming above; The next day boil it up with ſix ſmall handfuls of Roſemary; a pound and half of Ginger, being ſcraped and bruiſed; then take the whites of twenty Eggs

ſhells and all; beat them very well, and put them in to clarifie it; skim it very clean, then take it off the fire and ſtrain it: But put the Roſe-mary and Ginger in again: then let it remain till it be all moſt cold: then Tun it up, and take ſome New-ale-yeſt; the whites of two Eggs, a ſpoonful of flower, and beat them well together, and put them into the barrel; when it hath wrought very well, ſtop it very cloſe for three weeks or a month: then bottle it, and a week after you may drink it.

To make Meath.

Take to every Gallon of water, a quart of honey, and ſet it over a clear fire, and when it is ready to boil, skim it very clear. Then take two handfulls of Sweet-marjoram, as much Roſe-mary, and as much Baulm: and two handful of Fennel-roots, as much of Parſley-roots, and as many Eſparages-roots: ſlice them in the middle, and take out the pith, waſh and ſcrape them very clean, and put them with your herbs into your Liquor. Then take two Ounces of Ginger, one Ounce of Nutmegs, half an Ounce of Mace: bruiſe them and put them in: and let it boil till it be ſo ſtrong that it will bear an Egg: then let it cool: and being cold, put in 3 or 4 ſpoon fulls of New-ale-yeſt: and ſo skim it well, and put it into a Runlet, and it will work like Ale: and having done working, ſtop it up cloſe, as you do New-beer: and lay ſalt upon it.

To

To make Metheglin.

Take four Gallons of running water, and boil it a quarter of an hour, and put it in an earthen veſſel, and let it ſtand all night. The next day take only the water, and leave the ſettling at the bottom: ſo put the honey in a thin bag, and work it in the water, till all the honey is diſſolved. Take to four Gallons of water, one Gallon of Honey: Then put in an Egg, if it be ſtrong enough of the honey, the Egg will part of it appear on the top of the liquor: if it do not, put more honey to it, till it do. Then take out the Egg, and let the Liquor ſtand till next morning. Then take two Ounces of Ginger, and ſlice it and pare it: Some Roſe-mary waſhed and ſtripped from the ſtalk: dry it very well. The next day put the Roſe-mary and Ginger into the drink, and ſo ſet it on the fire: when it is all moſt ready to boil, take the whites of three Eggs well beaten with the ſhells, and put all into the Liquor: and ſtir it about, and skim it well till it be clear. Be ſure you skim not off the Roſe-mary and Ginger: then take it off the fire, and let it run through a hair ſieve: and when you have ſtrained it, pick out the Roſe-mary and Ginger out of the ſtrainer, and put it into the drink, and throw away the Eggſhells, and ſo let it ſtand all night. The next day Tun it up in a barrel: Be ſure the bar-

rel be not too big: then take a little flower and a little bran, and the white of an Egg, and beat them well together, and put them into the barrel on the top of the Metheglin, after it is tunned up, and ſo let it ſtand till it hath done working; then ſtop it up as cloſe as is poſſible: and ſo let it ſtand ſix or ſeven weeks: then draw it out and bottle it. You muſt tye down the Corks, and ſet the bottles in ſand five or ſix weeks, and then drink it.

Another Meath.

Take twenty Gallons of fair Spring-water. Boil it a quarter of an hour, then let it ſtand till the next day. Then beat into it ſo much honey, as will make it ſo ſtrong as to bear an Egg the breadth of a two pence above the water. The next day boil it up with ſix ſmall handfulls of Roſemary, a pound and a half of Ginger, (being ſcraped and bruiſed) and the whites of twenty Eggs together with their ſhells beaten together, and well mingled with the Liquor. Clarifie it and skim it very clean, ſtill as the ſcum riſeth, leaving the Ginger and Roſemary in it. Let it ſtand till the next day, then Tun it up, and take ſome New-ale-yeſt, the whites of two Eggs, a ſpoonful of flower, beat all theſe together, and put it on the top of the barrel, when the barrel is full. Let it work, and when it hath done working, ſtop

it

it up close for three weeks or a month. Then you may bottle it, and a few days after, you may drink it.

Another.

Take three Gallons of water, and boil in it a handful of Rose-mary (or rather the flowers) Cowslips, Sage-flowers, Agrimony, Betony and Thyme, *ana*, one handful. When it hath taken the strength of the herbs, strain it through a hair-sieve, and let it cool twenty hours. Then to three Gallons of the clear part of this decoction, put one Gallon of honey, and mingle it very well with your hand, till it bear an Egg the breadth of a groat. Then boil it and skim it as long as any scum will rise. Afterwards let it cool twenty four hours. Then put to it a small quantity of Ale-barm, and skim the thin-barm that doth rise on it, morning and evening, with a feather, during four days. And so put it up into your vessel, and hang in it a thin linnen bag with two Ounces of good White-ginger bruised therein: And stop it up close for a quarter of a year. Then you may drink it.

Another.

Take a quart of honey to a Gallon of water; set the Kettle over the fire, and stir it now and then, that the honey may melt; let it boil an

hour; you muſt boil in it, a Sprig or two of Winter-ſavory, as much of Sweet-marjoram; put it into tubs ready ſcalded, till the next day towards evening. Then tun it up into your veſſel, let it work for three days; after which hang a bag in the barrel with what quantity of Mace and ſliced Nutmeg you pleaſe. To make it ſtronger then this, 'tis but adding more hony, to make it bear an Egg the breadth of a ſix pence, or ſomething more. You may bottle it out after a month, when you pleaſe. This is the way, which is uſed in *Suſſex* by thoſe who are accounted to make it beſt.

Another Receipt.

Take to every Gallon of Fountain-water a good quart of honey. Set the water on the fire, till it be pretty warm; then take it off, and put in your honey, and ſtir it till it be diſſolved. Then put into every three Gallons, two handfuls of Thyme: two good handfuls of Strawberry-leaves, one handful of Organ; one handful of Fennel-roots, the heart being taken out, and one handful of Parſley-roots the heart taken out: But as for the herbs, it muſt be according to the conſtitution of them, for whom the Mead is intended. Then ſet the Herbs in it on the fire, to boil for half an hour, ſtill skimming it, as the ſcum riſeth; it muſt boil but half an hour; then take it off the fire, and preſently

ſently ſtrain it from the herbs, and let it ſtand till it be fully cold; then pour it ſoftly off the bottom, and put it in a veſſel fit for it, and put a ſmall quantity of barm in it; and mingle it with it, and when it hath wrought up, which will be in three or four days, skim off that barm, and ſet on freſh: but the ſecond barm muſt not be mingled with the Meath, but onely poured on the top of it. Take an Ounce of Nutmeg ſliced: one Ounce of Ginger ſliced: one Ounce of Cinnamon cut in pieces, and boil them a pretty while in a quart of White-wine or Sack: when this is very cold, ſtrain it, and put the Spices in a Canvaſs-bag to hang in your Meath, and pour in the Wine it was boiled in.

This Meath will be drinkable, when it is a fortnight or three weeks old.

To make Metheglin that looks like White-wine.

Take to twelve gallons of water, a handful of each of theſe Herbs: Parſley, Eglantine, Roſemary, Strawberry-leaves, Wild-thyme, Baulme, Liver-wort, Betony, Scabious: when the water begins to boil, caſt in the herbs: let them boil a quarter of an hour: then ſtrain out the herbs; and when it is almoſt cold, then put in as much of the beſt honey, you can get, as will bear an Egg to the breadth of two pence; that is, till you can ſee no more of the Egge

above the water, then a two pence will cover: Lave it and ſtir it till you ſee all the honey be melted; then boil it well half an hour, at the leaſt: skim it well, and put in the whites of ſix Eggs beaten, to clarifie it: Then ſtrain it into ſome woodden veſſels; and when it is almoſt cold, put ſome Ale-barm into it. And when it worketh well, Tun it into ſome well ſeaſoned veſſel, where neither Ale nor Beer hath been, for marring the colour of it. When it hath done working, if you like it, Take a quantity of Cloves, Nutmegs, Mace, Cinnamon, Ginger, or any of theſe that you like beſt, and bruiſe them, and put them in a boulter bag, and hang it in the veſſel. Put not too much of the Spice, becauſe many do not like the taſte of much Spice. If you make it at *Michaelmas*, you may tap it at *Chriſtmas*: but if you keep it longer, it will be the better. It will look pure, and drink with as much ſpirit as can be, and very pleaſant.

To make white Metheglin.

Take Sweet-marjoram, Sweet-bryar-buds, Violet-leaves, Strawberry-leaves, of each one handful, and a good handful of Violet flowers (the dubble ones are the beſt) broad Thyme, Borrage, Agrimony, of each half a handful, and two or three branches of Roſemary, The ſeeds of Carvi, Coriander and Fennel, of each two ſpoonfuls, and three or four blades of large-

mace.

mace. Boil all these in eight Gallons of running-water, three quarters of an hour. Then strain it, and when it is but blood-warm, put in as much of the best honey, as will make the Liquor bear an Egg the breadth of six pence above the water. Then boil it again as long as any scum will rise. Then set it abroad a cooling; and when it is almost cold, put in half a pint of good Ale-barm; and when it hath wrought, till you perceive the barm to fall, then Tun it, and let it work in the barrel, till the barm leaveth rising, filling it up every day with some of the same Liquor. When you stop it up, put in a bag with one Nutmeg sliced, a little whole Cloves and Mace, a stick of Cinnamon broken in pieces, and a grain of good Musk. You may make this a little before *Michaelmas*, and it will be fit to drink at Lent.

This is Sir *Edward Bainton's* Receipt, Which my Lord of *Portland* (who gave it me) saith, was the best he ever drunk.

To make a small Metheglin.

Take four Gallons of water, and set it over the fire. Put into it, when it is warm, eight pounds of honey; as the scum riseth, take it clean off. When it is clear, put into it three Nutmegs quartered; three or four Races of Ginger sliced; Then let all boil a whole hour,

Then

Then take it off the fire, and put to it two handfuls of ground Malt; ſtir it about with a round ſtick, till it be as cold as wort, when you put yeſt to it. Then ſtrain it out into a pot or Tub, that hath a ſpiggot and faucet, and put to it a pint of very good Ale-yeſt; ſo let it work for two days; Then cover it cloſe for about four or five days, and ſo draw it out into bottles. It will be ready to drink within three weeks.

To make Meath.

Take to ſix quarts of water, a quart of the beſt honey, and put it on the fire, and ſtir it, till the honey is melted: and boil it well as long as any ſcum riſeth: and now and then put in a little cold water, for this will make the ſcum riſe: keep your kettle up as full as you did put it on; when it is boiled enough, about half an hour before you take it off, then take a quantity of Ginger ſliced and well ſcraped firſt, and a good quantity of Roſemary, and boil both together. Of the Roſemary and Ginger you may put in more or leſs, for to pleaſe your taſte: And when you take it off the fire, ſtrain it into your veſſel, either a well ſeaſoned-tub, or a great cream pot, and the next morning when it is cold, pour off ſoftly the top from the ſettlings into another veſſel; and then put ſome little quantity of the beſt Ale-barm to it,

and

and cover it with a thin cloth over it, if it be in ſummer; but in the winter it will be longer a ripening, and therefore muſt be the warmer covered in a cloſe place, and when you go to bottle it, take with a feather all the barm off, and put it into your bottles, and ſtop it up cloſe. In ten days you may drink it.

If you think ſix quarts of water be too much, and would have it ſtronger, then put in a greater quantity of honey.

Metheglin or Sweet-drink of My Lady Stuart.

Take as much water as will fill your Firkin: of Roſemary, Bays, Sweet-bryar, Broad-thyme, Sweet-majoram, of each a handful; ſet it over the fire, until the herbs have a little coloured the water; then take it off, and when it is cold, put in as much honey, till it will bear an Egg; Then lave it three days morning and evening. After that boil it again, and skim it very clean, and in the boiling clarifie it with the whites of ſix Eggs, ſhells and all, well beaten together. Then take it off, and put it to cool; and when it is cold, put it into your veſſel, and put to it three ſpoonfuls of yeſt; ſtop it cloſe, and keep it, till it be old at leaſt three months.

A Metheglin for the Colick and Stone of the ſame Lady.

Take one Gallon of Honey to ſeven Gallons of water; boil it together, and skim it well; then take Pelitory of the Wall, Saxifrage, Betony, Parſley, Groundſel, of each a handful, of the ſeeds of Parſley, of Nettles, Fennel and Carraway-ſeeds, Aniſſeeds and Grumelſeeds, of each two Ounces. The roots of Parſley, of Alexander, of Fennel and Mallows of each two Ounces, being ſmall cut; let all boil, till near three Gallons of the Liquor is waſted: Then take it off the fire, and let it ſtand till it be cold; then cleanſe it from the drugs, and let it be put into a clean veſſel well ſtopped, taking four Nutmegs, one Ounce and half of Ginger, half an Ounce of Cinnamon, twelve Cloves; cut all theſe ſmall, and hang them in a bag into the veſſel, when you ſtop it up. When it is a fortnight old, you may begin to drink of it; every morning a good draught.

A Receipt for Metheglin of My Lady Windebanke.

Take four Gallons of water; add to it, theſe Herbs and Spices following. Pellitory of the Wall, Sage, Thyme, of each a quarter of a handful, as much Clove gilly-flowers, with half

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as much Borage and Bugloſs flowers, a little Hyſſop, Five or ſix Eringo-roots, three or four Parſley-roots: one Fennel-root, the pith taken out, a few Red-nettle-roots, and a little Harts-tongue. Boil theſe Roots and Herbs half an hour; Then take out the Roots and Herbs, and put in the Spices groſly beaten in a Canvaſs-bag, *viz.* Cloves, Mace, of each half an Ounce, and as much Cinnamon, of Nutmeg an Ounce, with two Ounces of Ginger, and a Gallon of Honey: boil all theſe together half an hour longer, but do not skim it at all: let it boil in, and ſet it a cooling after you have taken it off the fire. When it is cold, put ſix ſpoonfuls of barm to it, and let it work twelve hours at leaſt; then Tun it, and put a little Limon-peel into it: and then you may bottle it, if you pleaſe.

Another of the ſame Lady.

To four Gallons of water put one Gallon of honey; warm the water Luke-warm before you put in your honey; when it is diſſolved, ſet it over the fire, and let it boil half an hour with theſe Spices groſly beaten and put in a Canvaſs-bag: namely, half an Ounce of Ginger, two Nutmegs, a few Cloves and a little Mace; and in the boiling put in a quart of cold water to raiſe the ſcum, which you muſt take clean off in the boiling. If you love herbs, put in a little bundle of Roſemary, Bays, Sweet-marjoram

and

and Eglantine. Let it ſtand till it is cold, then put into it half a pint of Ale-barm, and let it work twelve hours; then Tun it, but take out the bundle of herbs firſt.

To make Metheglin.

Take to every Gallon of Honey, three Gallons of water, and put them together, and ſet them over ſo gentle a fire, as you might endure to break it in the water with your hand. When the Honey is all melted, put in an Egg, and let it fall gently to the bottom; and if your Egg riſe up again to the top of the Liquor, then it is ſtrong enough of the Honey. But if it lie at the bottom, you muſt put in more honey, and ſtir it, till it doth riſe. If your honey be very good, it will bear half a Gallon of water more to a Gallon of Honey. Then take Sweet-bryar, Bays, Roſemary, Thyme, Marjoram, Savoury, of each a good handfull, which you muſt tye up all together in a bundle. This Proportion of Herbs will be ſufficient for twelve Gallons of Metheglin; and according to the quantity of Metheglin, you make, you muſt add or diminiſh your Herbs. When you have put theſe things together, ſet it over a quick fire, and let it boil as faſt as you can for half an hour or better, skimming of it very clean, and clarifying it with the whites of two or three Eggs. Then take it from the fire, and put it into ſome clean veſſel

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or other, and let it ſtand till the next morning; Then pour the Clear from the dregs, and Tun it up, putting in a little bag of ſuch Spice as you like, whereof Ginger muſt be the moſt. After it hath ſtood three or four days, you may put in two or three ſpoon-fulls of good Ale-yeſt, it will make it the ſooner ready to drink. It muſt work before you ſtop it up. The older your Honey is, the whiter your Metheglin will be.

Meath with Raiſins.

Put forty Gallons of water into your Caldron, and with a ſtick take the height of the water, making a notch, when the ſuperficies of the water cometh. Then put to the water ten Gallons of Honey, which diſſolve with much Laving it; then preſently boil it gently, skimming it all the while, till it be free from ſcum. Then put into it a thin bag of boulter-cloth containing forty pound weight of the beſt blew Raiſins of the Sun, well picked and waſhed and wiped dry; and let the bag be ſo large, that the Raiſins may lie at eaſe and looſly in it. When you perceive that the Raiſins are boiled enough to be very ſoft, that you may ſtrain out all their ſubſtance, take out the bag, and ſtrain out all the Liquor by a ſtrong Preſs. Put it back to the Honey-liquor, and boil all together (having thrown away the husks of the Raiſins with the

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bag) till your Liquor be ſunk down to the notch of your ſtick, which is the ſign of due ſtrength: Then let it cool in a woodden veſſel, and let it run through a ſtrainer to ſever it from the ſettlings, and put it into a ſtrong veſſel, that hath had Sack or Muſcadine in it, not filling it to within three fingers breadth of the top (for otherwiſe it will break the veſſel with working) and leave the bung open whiles it worketh, which will be ſix weeks very ſtrongly, though it be put into a cold cellar. And after nine moneths, you may begin to drink it.

Morello Wine.

To half an Aume of white wine, take twenty pounds of Morello Cherries, the ſtalks being firſt plucked off. Bruiſe the Cherries and break the ſtones. Pour into the Wine the juyce that comes out from the Cherries; but put all the ſolid ſubſtance of them into a long bag of boulter-cloth, and hang it in the Wine at the bung, ſo that it lie not in the bottom, but only reach to touch it, and therefore nail it down at the mouth of the bung. Then ſtop it cloſe. For variety, you may put ſome clear juyce of Cherries alone (but drawn from a larger proportion of Cherries) into another parcel of Wine. To either of them, if you will Aromatiſe the drink, take to this quantity two Ounces of Cinnamon groſly broken and bruſed, and put

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it in a little bag at the ſpiggot, that all the wine you draw may run through the Cinnamon.

You muſt be careful in bruiſing the Cherries, and breaking the ſtones. For if you do all at once, the Liquor will ſparkle about. But you muſt firſt bruiſe the Cherries gently in a mortar, and rub through a ſieve all that will paſs, and ſtrain the Reſidue hard through your hands. Then beat the remaining hard ſo ſtrongly, as may break all the ſtones. Then put all together, and ſtrain the clean through a ſubtil ſtrainer, and put the ſolider ſubſtance into the bag to hang in the Wine.

Currants-Wine.

Take a pound of the beſt Currants clean picked, and pour upon them in a deep ſtraight mouthed earthen veſſel ſix pounds or pints of hot water, in which you have diſſolved three ſpoonfuls of the pureſt and neweſt Ale-yeſt. Stop it very cloſe till it ferment, then give ſuch vent as is neceſſary, and keep it warm for about three days, it will work and ferment. Taſte it after two days, to ſee if it be grown to your liking. As ſoon as you find it ſo, let it run through a ſtrainer, to leave behind all the exhauſted currants and the yeſt, and ſo bottle it up. It will be exceeding quick and pleaſant, and is admirable good to cool the Li-

ver, and cleanſe the blood. It will be ready to drink in five or ſix days after it is bottled; And you may drink ſafely large draughts of it.

Scotch *Ale from My Lady* Holmbey.

The Excellent *Scotch* Ale is made thus. Heat Spring-water; it muſt not boil, but be ready to boil, which you will know by leaping up in bubbles. Then pour it to the Malt; but by little and little, ſtirring them ſtrongly together all the while they are mingling. When all the water is in, it muſt be ſo proportioned that it be very thick. Then cover the veſſel well with a thick Mat made on purpoſe with a hole for the ſtick, and that with Coverlets and Blankets to keep in all the heat. After three or four hours, let it run out by the ſtick (putting new heated water upon the Malt, if you pleaſe, for ſmall Ale or Beer) into a Hogſhead with the head out. There let it ſtand till it begin to blink, and grow long like thin Syrup. If you let it ſtay too long, and grow too thick, it will be ſowre. Then put it again into the Caldron, and boil it an hour or an hour and a half. Then put it into a Woodden-veſſel to cool, which will require near forty hours for a hogſhead. Then pour it off gently from the ſettling. This quantity (of a hogſhead) will require better then a quart of the beſt Ale-barm, which yo

you muſt put to it thus. Put it to about three quarts of wort, and ſtir it, to make it work well. When the barm is riſen quick ſcum it off to put to the reſt of the wort by degrees. The remaining Liquor (that is the three quarts) will have drawn into it all the heavy dregs of the barm, and you may put it to the Ale of the ſecond running, but not to this. Put the barm, you have ſcummed off (which will be at leaſt a quart) to about two gallons of the wort, and ſtir it to make that riſe and work. Then put two Gallons more to it. Doing thus at ſeveral times, till all be mingled, which will require a whole day to do. Cover it cloſe, and let it work, till it be at it's height, and begin to fall, which may require ten or twelve hours, or more. Watch this well, leaſt it ſink too much, for then it will be dead. Then ſcum off the thickeſt part of the barm, and tun your Ale into the hogſhaed, leaving all the bung open a day or two. Then lay a ſtrong Paper upon it, to keep the clay from falling in, that you muſt then lay upon it, in which you muſt make a little hole to let it work out. You muſt have ſome of the ſame Liquor to fill it up, as it works over. When it hath done working, ſtop it up very cloſe, and keep it in a very cold Cellar. It will be fit to broach after a year; and be very clear and ſweet and pleaſant, and will continue a year longer drawing; and the

laſt glaſs full be as pure and as quick as the firſt. You begin to broach it high. Let your Cask have ſerved for Sweet-wine.

To make Ale drink quick.

When ſmall Ale hath wrought ſufficiently, draw into bottles; but firſt put into every bottle twelve good raiſins of the Sun ſplit and ſtoned; Then ſtop up the bottle cloſe, and ſet it in ſand (gravel) or a cold dry Cellar. After a while this will drink exceeding quick and pleaſant. Likewiſe take ſix Wheat-corns, and bruiſe them, and put into a bottle of Ale; it will make it exceeding quick and ſtronger.

To make Cider.

Take a Peck of Apples, and ſlice them, and boil them in a barrel of water, till the third part be waſted; Then cool your water as you do for wort, and when it is cold, you muſt pour the water upon three meaſures of grown Apples. Then draw forth the water at a tap three or four times a day, for three days together. Then preſs out the Liquor, and Tun it up; when it hath done working, then ſtop it up cloſe.

A very Pleaſant Drink of Apples.

Take about fifty Pippins; quarter and core them, without paring them: for the paring is the

the Cordialeſt part of them. Therefore onely wipe or waſh them well, and pick away the black excreſcence at the top; and be ſure to leave out all the ſeeds, which are hot. You may cut them (after all the ſuperfluities are taken away) into thinner ſlices, if you pleaſe. Put three Gallons of Fountain water to them in a great Pipkin, and let them boil, till the Apples become clear and tranſparent; which is a ſign, they are perfectly tender, and will be in a good half hour, or a little more. Then with your Ladle break them into Maſh and Pulpe, incorporated with the water; letting all boil half an hour longer, that the water may draw into it ſelf all the vertue of the Apples. Then put to them a pound and a half of pure dubble refined Sugar in powder, which will ſoon diſſolve in that hot Liquor. Then pour it into an Hippocras bag, and let it run through it two or three times, to be very clear. Then put it up into bottles; and after a little time, it will be a moſt pleaſant, quick, cooling, ſmoothing drink. Excellent in ſharp Gonorrhæas.

Sir Paul Neale's *way of making Cider.*

The beſt Apples make the beſt Cider, as Pearmains, Pippins, Golden-pippins, and the like. Codlings make the fineſt Cider of all. They muſt be ripe, when you make Cider of them; and is in prime in the Summer ſeaſon, when no

other Cider is good. But lasteth not long, not beyond Autumn. The foundation of making perfect Cyder consisteth in not having it work much, scarce ever at all; but, at least, no second time; which Ordinary Cider doth often, upon change of weather, and upon motion: and upon every working it grows harder. Do then thus:

Choose good Apples. Red streaks are the best for Cider to keep; Ginet-moils the next, then Pippins. Let them lie about three weeks, after they are gathered; Then stamp and strain them in the Ordinary way, into a woodden fat that hath a spigot three or four fingers breadth above the bottom. Cover the fat with some hair or sackcloth, to secure it from any thing to fall in, and to keep in some of the Spirits, so to preserve it from dying; but not so much as to make it ferment. When the juyce hath been there twelve hours, draw it by the spigot (the fat inclining that way, as if it were a little tilted) into a barrel; which must not be full by about two fingers. Leave the bung open for the Air to come in, upon a superficies, all along the barrel, to hinder it from fermenting; but not so large a superficies as to endanger dying, by the airs depredating too many spirits from it.

The drift in both these settlings is, that the grosser parts consisting of the substance of the Apple,

Apple, may ſettle to the bottom, and be ſevered from the Liquor; for it is that, which maketh it work again (upon motion or change of weather) and ſpoils it. After twenty four hours draw of it, to ſee if it be clear, by the ſettling of all dregs, above which your ſpigot muſt be. If it be not clear enough, draw it from the thick dregs into another veſſel, and let it ſettle there twenty four hours. This veſſel muſt be leſs then the firſt, becauſe you draw not all out of the firſt. If then it ſhould not be clear enough, draw it into a third, yet leſſer then the ſecond; but uſually it is at the firſt. When it is clear enough draw it into bottles, filling them within two fingers, which ſtop cloſe. After two or three days viſit them; that if there be a danger of their working (which would break the bottles) you may take out the ſtopples, and let them ſtand open for half a quarter of an hour. Then ſtop them cloſe, and they are ſecure for ever after. In cold freeſing weather, ſet them upon Hay, and cover them over with Hay or Straw. In open weather in Winter tranſpoſe them to another part of the Cellar to ſtand upon the bare ground or pavement. In hot weather ſet them in ſand. The Cider of the Apples of the laſt ſeaſon, as Pippins, not Peermains, nor codlings, will laſt till the Summer grow hot. Though this never work, 'tis not of the Nature of Stummed Wine;

becauſe the naughty dregs are not left in it.

Doctor Harvey's *pleaſant Water-cider, whereof He uſed to drink much, making it His Ordinary Drink.*

Take one Buſhel of Pippins, cut them into ſlices with the Parings and Cores; boil them in twelve Gallons of water, till the goodneſs of them be in the water; and that conſumed about three Gallons. Then put it into an Hypocras-bag, made of Cotton; and when it is clear run out, and almoſt cold, ſweeten it with five pound of Brown-ſugar, and put a pint of Ale-yeſt to it, and ſet it a working two nights and days: Then skim off the yeſt clean, and put it into bottles, and let it ſtand two or three days, till the yeſt fall dead at the top: Then take it off clean with a knife, and fill it up a little within the neck (that is to ſay, that a little about a fingers breadth of the neck be empty, between the ſuperficies of the Liquor, and the bottom of the ſtopple) and then ſtop them up and tye them, or elſe it will drive out the Corks. Within a fortnight you may drink of it. It will keep five or ſix weeks.

Ale with Honey.

Sir *Thomas Gower* makes his pleaſant and wholeſom drink of Ale and Honey thus. Take fourty Gallons of ſmall Ale, and five Gallons of

of Honey. When the Ale is ready to Tun, and is ſtill warm, take out ten Gallons of it; which, whiles it is hot, mingle with it the five Gallons of Honey, ſtirring it exceeding well with a clean arm till they be perfectly incorporated. Then cover it, and let it cool and ſtand ſtill. At the ſame time you begin to diſſolve the honey in this parcel, you take the other of thirty Gallons alſo warm, and Tun it up with barm, and put it into a veſſel capable to hold all the whole quantity of Ale and Honey, and let it work there; and becauſe the veſſel will be ſo far from being full, that the groſs foulneſs of the Ale cannot work over, make holes in the ſides of the Barrel even with the ſuperficies of the Liquor in it, out of which the groſs feculence may purge; and theſe holes muſt be faſt ſhut, when you put in the reſt of the Ale with the Honey: which you muſt do, when you ſee the ſtrong working of the other is over; and that it works but gently, which may be after two or three or four days, according to the warmth of the ſeaſon. You muſt warm your ſolution of honey, when you put it in, to be as warm as Ale, when you Tun it; and then it will ſet the whole a working a freſh, and caſting out more foulneſs; which it would do too violently, if you put it in at the firſt of the Tunning it. It is not amiſs that ſome feculence lie thick upon the Ale, and

work

work not all out; for that will keep in the ſpirits. After you have diſſolved the honey in the Ale, you muſt boil it a little to skim it; but skim it not, till it have ſtood a while from the fire to cool; elſe you will skim away much of the Honey, which will ſtill riſe as long as it boileth. If you will not make ſo great a quantity at a time, do it in leſs in the ſame proportions. He makes it about *Michaelmas* for Lent.

When ſtrong Beer groweth too hard, and flat for want of Spirits, take four or five Gallons of it out of a Hogſhead, and boil five pound of honey in it, and skim it, and put it warm into the Beer; and after it hath done working, ſtop it up cloſe. This will make it quick, p'eaſant and ſtronger.

Small Ale for the Stone.

The Ale, that I uſed to drink conſtantly of, was made in theſe proportions. Take fourteen Gallons of Water, and half an Ounce of Hops; boil them near an hour together. Then pour it upon a peck of Malt. Have a care the Malt be not too ſmall ground; for then it will never make clear Ale. Let it ſoak ſo near two hours. Then let it run from the Malt, and boil it only one walm or two. Let it ſtand cooling till it be cool enough to work with

with barm, which let be of Beer rather than Ale, about half a pint.

After it hath wrought ſome hours, when you ſee it come to it's height, and is near beginning to fall in working, Tun it into a barrel of eight Gallons; and in four or five days it will be fit to broach to drink. Since I have cauſed the wort to be boiled a good half hour; ſince again I boil it a good hour, and it is much the better; becauſe the former Ale taſted a little Raw. Now becauſe it conſumes in boiling, and would be too ſtrong, if this Malt made a leſs proportion of Ale; I have added a Gallon of water at the firſt, taking fifteen Gallons in ſtead of fourteen. Since I have added half a peck of Malt to the former proportions, to make it a little ſtronger in Winter.

Apple Drink with Sugar, Honey, &c.

A very pleaſant drink is made of Apples, thus; Boil ſliced Apples in water, to make the water ſtrong of Apples, as when you make to drink it for coolneſs and pleaſure. Sweeten it with Sugar to your taſt, ſuch a quantity of ſliced Apples, as would make ſo much water ſtrong enough of Apples; and then bottle it up cloſe for three or four months. There will come a thick mother at the top, which being taken off, all the reſt will be very clear, and quick and pleaſant to the taſte, beyond any Cider. It

will

will be the better to moſt tasts, if you put a very little Roſemary into the liquor, when you boil it, and a little Limon-peel into each bottle, when you bottle it up.

To make Stepponi.

Take a Gallon of Conduit-water, one pound of blew Raiſins of the Sun ſtoned, and half a pound of Sugar. Squeeſe the juyce of two Limons upon the Raiſins and Sugar, and ſlice the rindes upon them. Boil the water, and pour it ſo hot upon the ingredients in an earthen pot, and ſtir them well together. So let it ſtand twenty four hours. Then put it into bottles (having firſt let it run through a ſtrainer) and ſet them in a Cellar or other cool place.

Weak Honey-drink.

Take nine pints of warm fountain water, and diſſolve in it one pint of pure White-honey, by laving it therein, till it be diſſolved. Then boil it gently, skimming it all the while, till all the ſcum be perfectly ſcummed off; and after that boil it a little longer, peradventure a quarter of an hour. In all it will require two or three hours boiling, ſo that at laſt one third part may be conſumed. About a quarter of an hour before you ceaſe boiling, and take it from the fire, put to it a little ſpoonful of cleanſed

and

and ſliced Ginger; and almoſt half as much of the thin yellow rinde of Orange, when you are even ready to take it from the fire, ſo as the Orange boil only one walm in it. Then pour it into a well-glaſed ſtrong deep great Gally-pot, and let it ſtand ſo, till it be almoſt cold, that it be ſcarce Luke-warm. Then put to it a little ſilver-ſpoonful of pure Ale-yeſt, and work it together with a Ladle to make it ferment: as ſoon as it beginneth to do ſo, cover it cloſe with a fit cover, and put a thick dubbled woollen cloth about it. Caſt all things ſo that this may be done when you are going to bed. Next morning when you riſe, you will find the barm gathered all together in the middle; ſcum it clean off with a ſilver-ſpoon and a feather, and bottle up the Liquor, ſtopping it very cloſe. It will be ready to drink in two or three days; but it will keep well a month or two. It will be from the firſt very quick and pleaſant.

Mr. Webb's *Ale and Bragot.*

Five Buſhels of Malt will make two Hogſheads. The firſt running makes one very good Hogſhead, but not very ſtrong; the ſecond is very weak. To this proportion boil a quarter of a Pound of Hops in all the water that is to make the two Hogſheads; that is, two Ounces to each Hogſhead. You put your water to the Malt in the Ordinary way. Boil it well, when you

you come to work it with yeſt, take very good Beer-yeſt, not Ale-yeſt.

To make Bragot, He takes the firſt running of ſuch Ale, and boils a leſs proportion of Hóney in it, then when He makes His ordinary Meath; but dubble or triple as much ſpice and herbs. As for Example to twenty Gallons of the Strong-wort, he puts eight or ten pound, (according as your taſte liketh more or leſs honey) of honey; But at leaſt triple as much herbs, and triple as much ſpice as would ſerve ſuch a quantity of ſmall Mead as He made Me. (For to a ſtronger Mead you put a greater proportion of Herbs and Spice, then to a ſmall; by reaſon that you muſt keep it a longer time before you drink it: and the length of time mellows and tames the taſte of the herbs and ſpice) And when it is tunned in the veſſel (after working with the barm) you hang in it a bag with bruiſed ſpices (rather more then you boiled in it) which is to hang in the barrel all the while you draw it.

He makes alſo Mead with the ſecond weak running of the Ale; and to this He uſeth the ſame proportions of honey, herbs and ſpice, as for his ſmall Mead of pure water; and uſeth the ſame manner of boiling, working with yeſt, and other Circumſtances, as in making of that.

The Counteſs of Newport's *Cherry Wine.*

Pick the beſt Cherries free from rotten, and pick the ſtalk from them; put them into an earthen Pan. Bruiſe them, by griping and ſtraining them in your hands, and let them ſtand all night; on the next day ſtrain them out (through a Napkin; which if it be a courſe and thin one, let the juyce run through a Hippocras or gelly-bag, upon a pound of fine pure Sugar in powder, to every Gallon of juyce) and to every gallon put a pound of Sugar, and put it into a veſſel. Be ſure your veſſel be full, or your wine will be ſpoiled; you muſt let it ſtand a month before you bottle it: and in every bottle you muſt put a lump (a piece as big as a Nutmeg) of Sugar. The veſſel muſt not be ſtopt until it hath done working.

Strawberry Wine.

Bruiſe the Strawberries, and put them into a Linnen-bag which hath been a little uſed, that ſo the Liquor may run through more eaſily. You hang in the bag at the bung into the veſſel, before you do put in your Strawberries. The quantity of the fruit is left to your diſcretion; for you will judge to be there enough of them, when the colour of the wine is high enough. During the working, you leave the bung open.

The

The working being over, you ſtop your veſſel. Cherry-wine is made after the ſame faſhion. But it is a little more troubleſome to break the Cherry-ſtones. But it is neceſſary, that if your Cherries be of the black ſowre Cherries, You put to it a little Cinnamon, and a few Cloves.

To make Wine of Cherries alone.

Take one hundred pounds weight, or what quantity you pleaſe, of ripe, but ſound, pure, dry and well gathered Cherries. Bruiſe and maſh them with your hands to preſs out all their juyce, which ſtrain through a boulter cloth, into a deep narrow Woodden tub, and cover it cloſe with clothes. It will begin to work and ferment within three or four hours, and a thick foul ſcum will riſe to the top. Skim it off as it riſeth to any good head, and preſently cover it again. Do thus till no more great quantity of ſcum ariſe, which will be four or five times, or more. And by this means the Liquor will become clear, all the groſs muddy parts riſing up in ſcum to the top. When you find that the height of the working is paſt, and that it begins to go leſs, tun it into a barrel, letting it run again through a boulter, to keep out all the groſs feculent ſubſtance. If you ſhould let it ſtay before you tun it up, till the working were too much deaded, the wine would

would prove dead. Let it remain in the barrel close stopped, a month or five weeks. Then draw it into bottles, into each of which put a lump of fine Sugar, before you draw the wine into it, and stop them very close, and set them in a cold Cellar. You may drink them after three or four months. This wine is exceeding pleasant, strong, spiritful and comfortable.

OF COOKERY.

To make a Sack posset.

BOil two wine-quarts of Sweet-cream in a Possnet; when it hath boiled a little, take it from the fire, and beat the yolks of nine or ten fresh Eggs, and the whites of four with it, beginning with two or three spoonfuls, and adding more till all be incorporated; then set it over the fire, to recover a good degree of heat, but not so much as to boil; and always stir it one way, least you break the consistence. In the mean time, let half a pint of Sack or White muscadin boil a very little in a bason, upon a Chafing-dish of Coals, with three quarters of a pound of Sugar, and three or four quar-

tered Nutmegs, and as many pretty big pieces of ſticks of Cinnamon. When this is well ſcummed, and ſtill very hot, take it from the fire, and immediately pour into it the cream, beginning to pour neer it, but raiſing by degrees your hand ſo that it may fall down from a good height; and without any more to be done, it will be then fit to eat. It is very good kept cold well as eaten hot. It doth very well with it, to put into the Sack (immediately before you put in the cream) ſome Ambergreece, or Ambered-ſugar, or Paſtils. When it is made, you may put powder of Cinnamon and Sugar upon it, if you like it.

Another.

To two quarts of Cream, if it be in the Summer, when the Cream is thick and beſt, take but two or three yolks of Eggs. But in the Winter when it is thin and hungry, take ſix or ſeven; but never no whites. And of Sack or Muſcadin, take a good third (ſcarce half) of a pint; and three quarters of a pound of fine Sugar. Let the Sugar and Sack boil well together, that it be almoſt like a Syrup; and juſt as you take it from the fire, put in your ground Amber or Paſtils, and conſtantly pour in the Cream, with which the Eggs are incorporated: and do all the reſt as is ſaid in the foregoing Proceſs.

Ambered

Ambered-ſugar is made by grinding very well, four grains of Ambergreece, and one of Muſk, with a little fine Sugar; or grinding two or three Spaniſh Paſtils very ſmall.

A plain Ordinary Poſſet.

Put a pint of good Milk to boil; as ſoon as it doth ſo, take it from the fire, to let the great heat of it cool a little; for doing ſo, the curd will be the tenderer, and the whole of a more uniform conſiſtence. When it is prettily cooled, pour it into your pot, wherein is about two ſpoonfuls of Sack, and about four of Ale, with ſufficient Sugar diſſolved in them. So let it ſtand a while near the fire, till you eat it.

A Sack Poſſet.

Take three pints of Cream; boil in it a little Cinnamon, a Nutmeg quartered, and two ſpoonfuls of grated bread; then beat the yolks of twelve Eggs very well with a little cold Cream, and a ſpoonful of Sack. When your Cream hath boiled about a quarter of an hour, thicken it up with the Eggs, and ſweeten it with Sugar; and take half a pint of Sack and ſix ſpoonfuls of Ale, and put into the baſin or diſh, you intend to make it in, with a little Ambergreece, if you pleaſe. Then pour your

Cream and Eggs into it, holding your hand as high as conveniently you can, gently ſtirring in the baſin with the ſpoon as you pour it; ſo ſerve it up. If you pleaſe you may ſtrew Sugar upon it.

You may ſtrew Ambredſugar upon it, as you eat it; or Sugar-beaten with Cinnamon, if you like it.

A Barley Sack Poſſet.

Take half a pound or more of French barley, (not Perle-barley) and pour ſcalding water upon it, and waſh it well therein, and ſtrain it from the water,& put it into the Corner of a Linnen-cloth and tie it up faſt there, and ſtrike it a dozen or twenty blows againſt a firm table or block, to make it tender by ſuch bruiſing it, as in the Countrey is uſed with wheat to make frumenty. Then put it into a large skillet with three pints of good milk. Boil this till at leaſt half be conſumed, and that it become as thick as haſty pudding, which will require at leaſt two hours; and it muſt be carefully ſtirred all the while, leaſt it burn too: which if by ſome little inadvertence it ſhould do, and that ſome black burned ſubſtance ſticketh to the bottom of the skillet, pour all the good matter from it into a freſh skillet (or into a baſin whiles you ſcoure this) and renew boiling till it be very thick; All which is to make the barley

ley very tender and pulpy, and will at leaſt require two or near three hours. Then pour to it three pints of good Cream, and boil them together a little while, ſtirring them always. It will be ſometime before the cold Cream boil, which when it doth, a little will ſuffice. Then take it from the fire, and ſeaſon it well with Sugar. Then take a quarter of a pint of Sack, and as much Rheniſh-wine (or more of each) and a little Verjuyce, or ſharp Cider, or juyce of Orange, and ſeaſon it well with Sugar (at leaſt half a pound to both) and ſet it over Coals to boil. Which when it doth, and the Sugar is well melted, pour the Cream into it; in which Cream the barley will be ſettled to the bottom by ſtanding ſtill unmoved, after the Sugar is well ſtirred and melted in it, or pour it through a hair-ſieve; and you may boil it again, that it be very hot, when you mingle them together; elſe it may chance not curdle. Some of the barley (but little) will go over with it, and will do no hurt. After you have thus made your Poſſet, let it ſtand warm a while that the curd may thicken: but take heed it boil not, for that would diſſolve it again into the conſiſtence of Cream. When you ſerve it up, ſtrew it over with Powder of Cinnamon and Sugar. It will be much the better, if you ſtrew upon it ſome Ambergreece ground with Sugar. You may boil bruiſed ſticks of Cinnamon in the

Cream, and in the Sack, before you mingle them. You must use clear Char-coal-fire under your vesse'ls. The remaining barley will make good barley Cream, being boiled with fresh Cream and a little Cinnamon and Mace; to which you may add a little Rosemary and Sugar, when it is taken from the fire: or butter it as you do wheat. Or make a pudding of it, putting to it a Pint of Cream, which boil; then add four or five yolks, and two whites of Eggs, and the Marrow of two bones cut small, and of one in lumps: sufficient Sugar, and one Nutmeg grated. Put this either to bake raw, or with puff-past beneath and above it in the dish. A pretty smart heat, as for white Manchet, and three quarters of an hour in the Oven. You may make the like with great Oat-meal scalded (not boiled) in Cream, and soaked a night; then made up as the other.

My Lord of Carlile's *Sack-posset.*

Take a Pottle of Cream, and boil in it a little whole Cinnamon, and three or four flakes of Mace. To this proportion of Cream put in eighteen yolks of Eggs, and eight of the whites; a pint of Sack; beat your Eggs very well, and then mingle them with your Sack. Put in three quarters of a pound of Sugar into the Wine and Eggs with a Nutmeg grated, and a little beaten Cinnamon; set the basin on the fire with the wine

wine and Eggs, and let it be hot. Then put in the Cream boyling from the fire, pour it on high, but ſtir it not; cover it with a diſh, and when it is ſettled, ſtrew on the top a little fine Sugar mingled wth three grains of Ambergreece, and one grain of Musk, and ſerve it up.

A Syllabub.

My Lady *Middleſex* makes Syllabubs for little Glaſſes with ſpouts, thus. Take 3 pints of ſweet Cream, one of quick white wine (or Rheniſh) and a good wine glaſsful (better the $\frac{1}{4}$ of a pint) of Sack: mingle with them about three quarters of a pound of fine Sugar in Powder. Beat all theſe together with a whisk, till all appeareth converted into froth. Then pour it into your little Syllabub-glaſſes, and let them ſtand all night. The next day the Curd will be thick and firm above, and the drink clear under it. I conceive it may do well, to put into each glaſs (when you pour the liquor into it) a ſprig of Roſemary a little bruiſed, or a little Limon-peel, or ſome ſuch thing to quicken the taſte; or uſe Amber-ſugar, or ſpirit of Cinnamon, or of Lignum-Caſſiæ; or Nutmegs, or Mace, or Cloves, a very little.

A good Diſh of Cream.

Boil a quart of good Cream with ſticks of Cinnamon and quartered Nutmeg and Sugar

to your taſte. When it is boiled enough to have acquired the taſte of the Spice, take the whites of ſix New laid eggs, and beat them very well with a little Freſh-cream, then pour them to your boyling Cream, and let them boil a walm or two. Then let it run through a boulter, and put a little Orange flower-water to it, and ſlicedbread; and ſo ſerve it up cold.

An Excellent Spaniſh Cream.

Take two quarts (you muſt not exceed this proportion in one veſſel) of perfectly Sweet-cream, that hath not been jogged with carriage: and in a Poſſnet ſet it upon a clear lighted Char-coal-fire, not too hot. When it beginneth to boil, caſt into it a piece of double refined hard Sugar about as much as two Walnuts, and with a ſpoon ſtir the Cream all one way. After two or three rounds, you will perceive a thick Cream riſe at the top. Scum it off with your ſpoon, and lay it in another diſh. And always ſtir it the ſame way, and more Cream will riſe; which as it doth riſe, you put it into your diſh, one lare upon an other. And thus almoſt all the Cream will turn into this thick Cream, to within two or three ſpoonfuls. If you would have it ſweeter, you may ſtrew ſome Sugar upon the top of it. You muſt be careful not to have the heat too much; for then it will turn to oyl; as alſo if the Cream

have

have been carried. If you would have it warm, ſet the diſh you lay it in, upon a Chafing-diſh of Coals.

Another Clouted Cream.

Milk your Cows in the evening about the ordinary hour, and fill with it a little Kettle about three quarters full, ſo that there may be happily two or three Gallons of Milk. Let this ſtand thus five or ſix hours. About twelve a Clock at night kindle a good fire of Charcoal, and ſet a large Trivet over it. When the fire is very clear and quick, and free from all ſmoak, ſet your Kettle of Milk over it upon the Trivet, and have in a pot by a quart of good Cream ready to put in at the due time; which muſt be, when you ſee the Milk begin to boil ſimpringly. Then pour in the Cream in a little ſtream and low, upon a place, where you ſee the milk ſimper: This will preſently deaden the boiling, and then you muſt pour in no more Cream there, but in a freſh place, where it ſimpreth and bubbleth a little. Continue this pouring in, in new places where the milk boileth, till all your Cream is in, watching it carefully to that end. Then let it continue upon the fire to boil, till you ſee all the Milk riſe up together to the top, and not in little parcels here and there, ſo that it would run over, if it ſhould ſtay longer upon the fire. Then let two perſons

persons take it steadily off, and set it by in a Cool-room to stand unmoved, uncovered; but so as no Motes may fall in, for the rest of that night, and all the next day and night, and more, if you would have it thicker. Then an hour or two before Dinner cut the thick Cream at the top with a Knife into squares as broad as your hand, which will be the thicker, the longer it hath stood. Then have a thin slice or skimmer of Latton, and with that raise up the thick Cream, putting your slice under it so nicely, that you take up no milk with it; and have a Ladle or Spoon in the other hand to help the cream upon the slice, which thereby will become mingled: and lay these parcels of Cream in a dish, into which you have first put a little raw Cream, or of that (between Cream and Milk) that is immediately under the Clouts. To take the Clouts the more conveniently, you hold a back of a Ladle or skimming-dish against the further side of the Clout, that it may not slide away when the Latton slice shuffeth it on the other side to get under it, and so the Clout will mingle together or dubble up, which makes it the thicker, and the more graceful. When you have laid a good Laire of Clouts in the dish, put upon it a little more fresh, raw or boiled-cream, and then fill it up with the rest of the Clouts. And when it is ready to serve in, you may strew a little Sugar upon it, if you will you

may

may ſprinkle in a little Sugar between every flake or clout of Cream. If you keep the diſh thus laid a day longer before you eat it, the Cream will grow the thicker and firmer. But if you keep it, I think it is beſt to be without ſugar or raw Cream in it, and put them in, when you are to ſerve it up. There will be a thin Cream ſwimming upon the milk of the Kettle after the Clouts are taken away, which is very ſweet and pleaſant to drink. If you ſhould let your clouts lie longer upon the milk, then I have ſaid, before you skim it off, the Milk underneath would grow ſowre, and ſpoil the cream above. If you put theſe clouts into a Churn with other cream, it will make very good butter, ſo as no ſugar have been put with it.

My Lord of S. Alban's *Creſme Fouettee.*

Put as much as you pleaſe to make, of ſweet thick cream into a diſh, and whip it with a bundle of white hard ruſhes, (of ſuch as they make whisks to bruſh cloaks) tyed together, till it come to be very thick, and near a buttery ſubſtance. If you whip it too long, it will become butter. About a good hour will ſerve in winter. In ſummer it will require an hour and a half. Do not put in the diſh, you will ſerve it up in, till it be almoſt time to ſet it upon the table. Then ſtrew ſome poudered fine

ſugar

ſugar in the bottom of the diſh it is to go in, and with a broad ſpatule lay your cream upon it: when half is laid in, ſtrew ſome more fine ſugar upon it, and then lay in the reſt of the Cream (leaving behinde ſome whey that will be in the bottom) and ſtrew more ſugar upon that. You ſhould have the ſugar-box by you, to ſtrew on ſugar from time to time, as you eat off the ſuperficies, that is ſtrewed over with ſugar. If you would have your whipped cream light and frothy, that hath but little ſubſtance in the eating, make it of onely plain milk; and if you would have it of a conſiſtence between both, mingle cream and milk.

To make the Cream-Curds.

Strain your Whey, and ſet it on the fire; make a clear and gentle fire under your kettle; as they riſe, put in Whey, ſo continuing till they are ready to skim. Then take your skimmer, and put them on the bottom of a hair ſieve; ſo let them drain till they are cold; then take them off, and put them into a baſin, and beat them with two or three ſpoonfuls of Cream and Sugar.

To make Clouted Cream.

Take two Gallons more or leſs of new milk,

ſet

ſet it upon a clear fire; when it is ready to boil, put in a quart of ſweet cream, and take it off the fire, and ſtrain it through a hair ſieve into earthen pans; let it ſtand two days and two nights; then take it off with a skimmer; ſtrew ſugar on the cream, and ſerve it to the Table.

To make a whip Syllabub.

Take the whites of two Eggs, and a pint of Cream, ſix ſpoonfuls of Sack, as much Sugar as will ſweeten it; then take a Birchen rod and whip it; as it riſeth with froth, skim it, and put it into the Syllabub-pot; ſo continue it with whipping and skimming, till your Syllabub pot be full.

To make a plain Syllabub.

Take a pint of Verjuyce in a bowl; milk the Cow to the Verjuyce; take off the Curd; and take ſweetcream and beat them together with a little Sack and Sugar; put it into your Syllabub pot; then ſtrew Sugar on it, and ſo ſend it to the Table.

Concerning Potages.

The ground or body of Potages muſt always be very good broth of Mutton, Veal and Volaille. Now to give good taſte, you vary every month of the year, according to the herbs and

and roots that are in ſeaſon. In Spring and Summer you uſe Cerfevil, Oſeille, Borage, Bugloſs, Pourpier, Lettice, Chicoree and Cowcombers quartered, &c. The manner of uſing them is to boil ſtore of them about half an hour or a quarter, in a pot by it ſelf, with ſome bouillon taken out off the great pot; half an hour before dinner, take light bread well dryed from all moiſture before the fire; then cut in ſlices, laid in a diſh over coals, pour upon it a ladleful of broath, no more then the bread can preſently drink up; which when it hath done, put on another ladleful, and ſtew that, till it be drunk up; repeat this three or four times, a good quarter of an hour in all, till the bread is ſwelled like a gelly (if it be too long, it will grow glewy and ſtick to the diſh) and ſtrong of broth; then fill it up near full with the ſame ſtrong broth, which having ſtewed a while, put on the broth and herbs, and your Capon or other meat upon that, and ſo let it ſtew a quarter of an hour longer, then turn it up.

In winter, boil half an hour a pretty bundle of Parſley, and half as much of Sives, and a very little Thyme, and Sweet-marjoram; when they have given their taſte to the herbs, throw the bundle away, and do as aboveſaid with the bread. Deeper in the Winter, Parſley-roots, and White-chicoree, or Navets, or Cabbage, which

which laſt muſt be put in at firſt, as ſoon as the pot is skimmed; and to colour the bouillon it is good to put into it (ſooner or later, according to the courſneſs or fineſs of what you put in) Partridges or Wild-duck, or a fleſhy piece of Beef half roſted. Green-peaſe may ſome of them be boiled a pretty while in the great pot; but others in a pot by themſelves, with ſome Bouillon no longer then as if they were to eat buttered, and put upon the diſh, containing the whole ſtock a quarter of an hour after the other hath ſtewed a quarter of an hour upon the bread. Sometimes Old-peaſe boiled in the broth from the firſt, to thicken it, but no Peaſe to be ſerved in with it. Sometimes a piece of the bottom of a Veniſon Paſty, put in from the firſt. Alſo Veniſon bones.

Plain ſavoury Engliſh *Potage.*

Make it of Beef, Mutton and Veal; at laſt adding a Capon, or Pigeons. Put in at firſt a quartered Onion or two, ſome Oat-meal, or French barley, ſome bottome of a Veniſon-paſty-cruſt, twenty whole grains of Pepper: four or five Cloves at laſt, and a little bundle of ſweet-herbs, ſtore of Marigold-flowers. You may put in Parſley or other herbs.

Or make it with Beef, Mutton and Veal, putting in ſome Oat-meal, and good pot-herbs, as Parſley,

Parſley, Sorrel, Violet-leaves, &c. And a very little Thyme and Sweet-marjoram, ſcarce to be taſted: and ſome Marigold-leaves, at laſt. You may begin to boil it overnight, and let it ſtand warm all night; then make an end of boiling it next morning. It is well to put into the pot, at firſt, twenty or thirty corns of whole Pepper.

Potage de blanc de Chapon.

Make firſt a very good bouillon, ſeaſoned as you like. Put ſome of it upon the white fleſh of a Capon or Hen a little more then half-roſted. Beat them well in a Mortar, and ſtrain out all the juyce that will come. You may put more broth upon what remains in the ſtrainer, and beat again, and ſtrain it to the former. Whiles this is doing, put ſome of your firſt plain broth upon ſome dryed bread to mittonner-well. Let there be no more broth, then juſt to do that. None to ſwim thin over. When you will ſerve the Potage in, pour the white liquor upon the ſwelled and gellied-bread, and let them ſtew together a little upon the Coals. When it is through hot, take it off, and ſqueeſe ſome Limon or Orange into it, and ſo ſend it in preſently. It mendeth a Bouillon much, to boil in it ſome half roſted Volaille, or other good meat.

To

To make Spinage-broth.

Take ſtrong broth, and boil a neck of Mutton, and a Marrow-bone in it, and skim it very well; then put in half a pound of *French* barley, and a bundle of ſweet herbs, and two or three blades of Large-mace. Let theſe boil very well. Then mince half a peck of Spinage, and two great Onions very ſmall, and let it boil one hour or more; ſeaſon it with ſalt as you pleaſe, and ſend the Mutton and the Marrow-bone in a diſh with *French* bread or Manchet to the Table.

Ordinary Potage.

Take the fleſhy and ſinewy part of a leg of Beef, crag-ends of necks of Veal and Mutton. Put them in a ten quarts pot, and fill it up with water. Begin to boil about ſix a clock in the Morning, to have your potage ready by Noon. When it is well skimmed, put in two or three large Onions in quarters, and half a loaf (in one lump) of light *French* bread, or ſo much of the bottom cruſt of a Veniſon Paſty; all which will be at length clean diſſolved in the broth. In due time ſeaſon it with Salt, a little Pepper, and a very few Cloves. Likewiſe at a fit diſtance, before it be ended boiling, put in ſtore of good herbs, as in Summer, Borrage, Bugloſs, Purſlain, Sorel, Lettice, Endive, and

what elſe you like; in Winter, Beetes, Endive, Parſley-roots, Cabbage, Carots, whole Onions, Leeks, and what you can get or like, with a little Sweet-marjoram and exceeding little Thyme. Order it ſo that the broth be very ſtrong and good. To which end you may after four hours (or three) boil a Hen or Capon in it; light *French*-bread ſliced, muſt be taken about noon, and toſted a little before the fire, or cruſts of criſp new French-bread; lay it in a diſh, and pour ſome of the broth upon it, and let it ſtew a while upon a Chafing-diſh. Then pour in more Broth, and if you have a Fowl, lay it upon the bread in the broth, and fill it up with broth, and lay the herbs and roots all over and about it, and let it ſtew a little longer, and ſo ſerve it up covered, after you have ſqueeſed ſome juyce of Orange or Limon, or put ſome Verjuyce into it. Or you may beat two or three Eggs, with part of the broth, and ſome Verjuyce, or juyce of Orange, and then mingle it with the reſt of the broth,

Barley Potage.

Take half a pound of *French*-barley, and waſh it in three or four hot-waters; then tye it up in a courſe linnen-cloth and ſtrike it five or ſix blows againſt the table; for this will make it very tender. Put it into ſuch a pot full of meat and

and water, as is ſaid in the ordinary potage, after it is skimmed; and ſeaſon this with Salt, Spice, Marjoram and Thyme, as you did the other. An hour before you take it from the fire, put into it a pound of the beſt Raiſins of the Sun well waſhed; at ſuch a diſtance of time, that they may be well plumped and tender, but not boiled to maſh. When the broth is enough boiled and conſumed, and very ſtrong, pour ſome of it upon ſliced dry bread in a deep potage-diſh, or upon cruſts, and let it ſtew a while. Then pour on all the reſt of the broth, with the barley and Raiſins, upon a Capon or Hen, or piece of Mutton or Veal; and let it mittonner a while upon the Chafing-diſh, then ſerve it in.

Stewed Broth.

Take a like quantity of water and fleſh, as in the others, adding two Marrow-bones: which tie at the ends with pieces of Linnen, that the Marrow may not melt out, and make the broth too fat. A while after it is skimmed, put into it a loaf of *French* bread very thin ſliced, (which is better then grated) and this will be all diſſolved in the broth. Seaſon it in due time with ſalt, four or five flakes of Mace, and five or ſix Cloves; as alſo with ſweet herbs: And an hour, or better, before you take it off, put in Raiſins of the Sun, Prunes, and Currants, of each one

Pound, well picked and washed. When it is boiled enough, pour the broth into a bason, that if it be too fat, you may take it off. There season it with a little Sugar, and four or five spoonfuls of White-wine or Sack. Then pour it upon sliced-bread, and stew it a while. Then squeese an Orange or Limon (or both) upon it, and serve it up with the Marrow-bones in it.

An English *Potage.*

Make a good strong broth of Veal and Mutton; then take out the meat, and put in a good Capon or Pullet: but first, if it be very fat, parboil it a little to take away the Oyleness of it, and then put it into the broth; and when it hath boiled a little therein, put in some grated bread, a bundle of sweet herbs, two or three blades of Mace, and a peeled Onion. When it is ready to be dished up, take the yolks of six Eggs, beat them very well with two or three spoonfuls of White-wine. Then take the Capon out of the broth, and thicken it up with the Eggs, and so dish it up with the Capon, and tostes of White-bread or slices, which you please; and have ready boiled the Marrow of two or three bones with some tender boiled white Endive, and strew it over the Capon.

Another Potage.

A good Potage for dinner is thus made: Boil Beef, Mutton, Veal, Volaille, and a little piece of the Lean of a Gammon of the beſt Bacon, with ſome quartered Onions, (and a little Garlick, if you like it) you need no ſalt, if you have Bacon; but put in a little Pepper and Cloves. If it be in the Winter, put in a Bouquet of Sweet-herbs, or whole Onions, or Roots, or Cabbage. If ſeaſon of Herbs, boil in a little of the broth apart, ſome Lettice, Sorrel, Borage and Bugloſs, &c. till they be only well mortified. If you put in any gravy, let it boil or ſtew a while with the broth; put it in due time upon the toſted-bread to Mittoner, &c. If you boil ſome half roſted meat with your broth, it will be the better.

Portugal *Broth, as it was made for the Queen.*

Make very good broth with ſome lean of Veal, Beef and Mutton, and with a brawny Hen or young Cock. After it is ſcummed, put in an Onion quartered, (and, if you like it, a Clove of Garlick,) a little Parſley, a ſprig of Thyme, as much Minth, a little balm; ſome Coriander-ſeeds bruiſed, and a very little Saffron: a little Salt, Pepper and a Clove. When all the ſubſtance is boiled out of the meat, and

the broth very good, you may drink it ſo, or, pour a little of it upon toſted ſliced-bread, and ſtew it, till the bread have drunk up all that broth, then add a little more, and ſtew; ſo adding by little and little, that the bread may imbibe it and ſwell: whereas if you drown it at once, the bread will not ſwell, and grow like gelly; and thus you will have a good potage. You may add Parſley-roots or Leeks, Cabbage or Endive in the due time before the broth is ended boiling, and time enough for them to become tender. In the Summer you may put in Lettice, Sorrel, Purſlane, Borage and Bugloſs, or what other pot-herbs you like. But green herbs do rob the ſtrength and Vigor and Cream of the Potage.

The Queens ordinary *Bouillon de ſanté* in a morning, was thus. A Hen, a handful of Parſley, a ſprig of Thyme, three of Spear-minth, a little balm, half a great Onion, a little Pepper and Salt, and a Clove, as much water as would cover the Hen; and this boiled to leſs then a pint, for one good Porrenger full.

Nouriſſant Potage de ſanté.

Fill a large earthen pot with water, and make it boil; then take out half the water, and put in Beef and Mutton (fit pieces) and boil and skim: and as ſoon as it boils, ſeaſon it with Salt and Pepper. After an hour and half,

or

or two hours, put in a Capon, and four or five Cloves; when it is within a good half hour of being boiled enough, put in such herbs, as you intend, as Sorrel, Lettice, Purslane, Borage and Bugloss, or Green-pease; and in the Winter, Parsley-roots and White-endive, or Navets, &c. so pour the broth upon tosted light bread, and let it stew a while in the dish covered. You should never put in fresh water. And if you should through the consuming of the water by long boiling, it must be boiling hot. The less broth remains, the better is the Potage, were it but a Porrenger full, so that it would be stiff gelly when it is cold. It is good to put into the water, at the first, a whole Onion or two; and if you will, a spoonful of well-beaten *orge mondé*, or bottom crust of bread, or some of the bottom of a Venison Pasty.

Potage de santé.

Make strong broth with a piece of Beef, Mutton and Veal, adding a piece of the sinews of the leg of Beef, seasoning it with two great Onions quartered, some Cloves, and White-pepper. In due time put in a Capon, or take some broth out to boil it in. But before you put in the Capon, take out some of the Broth, in which boil and stew Turneps first prepared thus. Fry them in scalding butter, till they be tender; then take them out with a holed skimmer, and

lay them in a holed dish warmed, set in another whole dish. When all the butter is quite drained out, stew them in a Pipkin in the broth, as is said above. When you will make up your potage, put some Ladlefuls of the broth of the great pot (driving away the fat with the ladle) upon slices of scorched bread in a deep dish. Let this mistonner a while. Then lay the Capon upon it, and pour the Turneps and broth of them over all. A Duck in lieu of a Capon will make very good potage. But then it is best to fry that first, as the Turneps, then boil it.

Potage de Jante.

Make a good and well seasoned bouillon with Beef, Mutton and Veal, in which boil a Capon. Boil with it either Cabbage, or Turneps, or whole Onions. The first two you put into the broth all over the dish; but the Onions you lay all round about the brim, when you serve it in. Whiles the meat is boiling to make the bouillon, you rost a fleshy piece of Beef (without fat) of two or three pound; and when it is half rosted, squeese out all the juyce, and put the flesh into the pot with the rest of the meat to boil, which will both colour and strenghthen it. When you find your Bouillon good, pour it into the dish, where your bread lieth sliced (which must be very

light

light and spungy, and dryed first, after it is sliced) and let it mittonner a little. Then pour your gravy of Beef upon it, (or of Mutton) and lay your Capon upon it, and lay in your roots round about it. It is best to boil by themselves in some of the bouillon in a pot a part, the roots or Onions.

Potage de santé.

Monsieur *de S. Euremont* makes thus his potage *de santé* and boiled meat for dinner, being very *Valetudinary*. Put a knuckle of Veal and a Hen into an earthen Pipkin with a Gallon of water (about nine of the Clock forenoon) and boil it gently till you have skimmed it well. When no more scum riseth (which will be in about a quarter of an hour,) take out the Hen (which else would be too much boiled,) and continue boiling gently till about half an hour past ten. Then put in the Hen again, and a handful of white Endive uncut at length, which requireth more boiling then tenderer herbs. Neat half hour after eleven, put in two good handfuls of tender Sorrel, Borage, Buglosse, Lettice, Purslane (these two come later then the others, therefore are not to be had all the winter) a handful a piece, a little Cerfevil, and a little Beet-leaves. When he is in pretty good health, that he may venture upon more savoury hotter things, he puts in a large Onion

stuck

ſtuck round with Cloves, and ſometimes a little bundle of Thyme and other hot ſavoury herbs; which let boil a good half hour or better, and take them out, and throw them away, when you put in the tender herbs. About three quarters after eleven, have your ſliced dried bread ready in a diſh, and pour a ladleful of the broth upon it. Let it ſtew covered upon a Chafing-diſh. When that is ſoaked in, put on more. So continue till it be well *mittonée*, and the bread grown ſpungy, and like a gelly. Then fill up the diſh with broth, and put the Hen and Veal upon it, and cover them over with herbs, and ſo ſerve it in. He keeps of this broth to drink at night, or make a *Pan-cotto*, as alſo for next morning. I like to adde to this, a rand of tender brisket Beef, and the Cragg-end of a neck of Mutton. But the Beef muſt have ſix hours boiling. So put it on with all the reſt at ſix a Clock. When it is well ſcummed, take out all the reſt. At nine, put in the Veal and Mutton, and thenceforwards, as is ſaid above. But to ſo much meat, and for ſo long boiling, you muſt have at leaſt three Gallons of water. Either way you muſt boil always but leiſurely, and the pot covered as much as is convenient, and ſeaſon it in due time with a little ſalt, as alſo with Pepper, if you like it; and if you be in vigorous health, you may put a greater ſtore of Onions quartered. The beets have no very

ry good taſte, peradventure it were beſt leave them out. In health you may ſeaſon the potage with a little juyce of Orange. In ſeaſon green Peaſe are good, alſo Cucumbers. In winter, Roots, Cabbage, Poix-chiches, *Vermicelli* at any time. You may uſe yolks of Eggs beaten with ſome of the broth and juyce of Oranges or Verjuyce, then poured upon the whole quantity.

Tea *with Eggs.*

The *Jeſuite* that came from *China*, *Ann.* 1664, told Mr. *Waller*, That there they uſe ſometimes in this manner. To near a pint of the infuſion, take two yolks of new laid eggs, and beat them very well with as much fine Sugar as is ſufficient for this quantity of Liquor; when they are very well incorporated, pour your Tea upon the Eggs and Sugar, and ſtir them well together. So drink it hot. This is when you come home from attending buſineſs abroad, and are very hungry, and yet have not conveniency to eat preſently a competent meal. This preſently diſcuſſeth and ſatisfieth all rawneſs and indigence of the ſtomack, flyeth ſuddainly over the whole body and into the veins, and ſtrengthneth exceedingly, and preſerves one a good while from neceſſity of eating. Mr. *Waller* findeth all thoſe effects of it thus with Eggs.

In theſe parts, He ſaith, we let the hot water remain

remain too long ſoaking upon the Tea, which makes it extract into it ſelf the earthy parts of the herb. The water is to remain upon it, no longer then whiles you can ſay the *Miſerere* Pſalm very leiſurely. Then pour it upon the ſugar, or ſugar and Eggs. Thus you have only the ſpiritual parts of the Tea, which is much more active, penetrative and friendly to nature. You may for this regard take a little more of the herb; about one dragm of Tea, will ſerve for a pint of water; which makes three ordinary draughts.

Nouriſhing Broth.

Make a very good gelly-broth of Mutton, Veal, joynt-bones of each, a Hen, and ſome bones (with a little meat upon them) of roſted Veal or Mutton, breaking the bones that the marrow may boil out. Put to boil with theſe ſome barley (firſt boiled in water, that you throw away) ſome Harts-horn raſped, and ſome ſtoned raiſins of the Sun. When the broth is throughly well boiled, pour it from the Ingredients, and let it cool and harden into a gelly: then take from it the fat on the top, and the dregs in the bottom. To a porrenger full of this melted, put the yolk of a new-laid egg beaten with the juyce of an Orange (or leſs, if you like it not ſo ſharp) and a little Sugar; and let this ſtew gently a little while altoge-

together, and ſo drink it. Some fleſh of roſted Veal or Mutton, or Capon, beſides the roſted-bones, that have marrow in them, doth much amend the broth.

The Joynts I have mentioned above, are thoſe, which the Butchers cut off, and throw to their dogs, from the ends of ſhoulders, legs, and other bare long parts, and have the ſinews ſticking to them.

Good nouriſhing Potage.

Take any bones of roſted or boiled Beef, from which the meat is never ſo clean eaten and picked; as the Ribs, the Chine-bones, the buckler plate-bone, marrow-bones, or any other, that you would think never ſo dry and inſipid. Break them into ſuch convenient pieces, as may lie in your pipkin or pot; alſo you may bruiſe them. Put with them a good piece of the bloody piece of the throat of the Beef, where he is ſticked, and ſtore of water to theſe. Boil and ſcum them, till the firſt foul ſcum is riſen and taken away; afterwards ſcum no more, but let the blood boil into the broth. You may put a quartered Onion or two to them, if you like them. After four or five hours boyling, put in a good knuckle with ſome of the leg of Veal; and, if you pleaſe, a crag-end or two of necks of Mutton. Let theſe boil very well with the reſt. You may put in what

what herbs you pleaſe, in due time, as Lettice, Sorrel, Borage and Bugloſs, Spinage and Endive, Purſlane, &c. and a bundle of ſweet herbs: In winter, Cabbage, or Turneps, or Parſley-roots, or Endive, &c. It will be done in two or three hours after the Veal and Mutton are in. Pour out the broth, and boil it a little by it ſelf over a Chafing-diſh, in ſome deep veſſel, to ſcum off the ſuperfluous fat. Then pour it upon toſted bread (by degrees, if you will, ſtewing it, to gelly it) to ſerve it in (after it hath ſtewed a little,) you muſt remember to ſeaſon it with ſalt, Pepper and Cloves, in the due time. You will do well to quicken it with ſome Verjuyce, or juyce of Orange; or with ſome yolks of Eggs and the juyces, if the broth be not over-ſtrong. Greenpeaſe in the ſeaſon do well with the Potage. You may put in, near the beginning, ſome bottom of a Peppered Paſty, or of a loaf of bread.

Wheaten Flommery.

In the Weſt-country, they make a kind of Flomery of wheat flower, which they judge to be more hatty and pleaſant then that of Oatmeal, Thus; Take half, or a quarter of a buſhel of good Bran of the beſt wheat (which containeth the pureſt flower of it, though little, and is uſed to make ſtarch,) and in a great wood-

woodden bowl or pail, let it ſoak with cold water upon it three or four days. Then ſtrain out the milky water from it, and boil it up to a gelly or like ſtarch. Which you may ſeaſon with Sugar and Roſe or Orange-flower-water, and let it ſtand till it be cold, and gellied. Then eat it with white or Rheniſh-wine, or Cream, or Milk, or Ale.

Pap of Oat-meal.

Beat Oat-meal ſmall; put a little of it to milk, and let it boil ſtewingly, till you ſee that the milk begins to thicken with it. Then ſtrain the milk from the Oat-meal (this is as when you ſoak or boil out the ſubſtance of Oatmeal with water, to make Flomery,) then boil up that milk to the height of Pap, which ſweeten with a little Sugar, and put to it ſome yolks of Eggs diſſolved in Roſe or Orange-Flower-water, and let it mittonner a while upon the Chafing-diſh, and a little Butter, if you like it. You may boil a little Mace in the Milk.

Panado.

Beat a couple of New-laid-eggs in good clear broth; heat this a little, ſtirring it all the while. Then pour this upon a Panado made thick of ſame broth; and keep them a little upon

upon a Chafing-dish to incorporate, ſtirring them all the while.

Barley Pap.

Boil Barley in water *uſq; ad Putri'aginem*, with a flake or two of Mace or a quartered Nutmeg; and when it is in a manner diſſolved in water with long boiling, ſtrain out all the Cream or Pap, leaving the husks behind. At the ſame time beat (for one meſs) two Ounces of blanched Almonds with Roſe-water; and when they are throughly beaten, ſtrain out their milk, (or you may put this to the Barley before it is ſtrained, and ſtrain them together) and put it to the Barley Pap, and let them ſtew a while together; then ſweeten it with Sugar to your taſte. Or when you have boiled the Barley in water very tender as above, you may put Milk to it, and boil again to fitting thickneſs; Then ſtrain it, adding Almonds as above. Or if you will, and your ſtomack will bear it, you may eat it without ſtraining the barley (but the Almonds muſt be ſtrained) and you may put Butter to it if you pleaſe.

You may do the like with Oat-meal or Rice; or put Pine-Kernels (firſt well watered) with the Almonds.

Oat-

Oat-meal Pap. *Sir* John Colladon.

Put beaten Oat-meal to ſoak an hour or two in milk, as you do in water, when you make Flomery. Then ſtrain it out into a Poſsnet through a fitting ſtrainer; and if you judge it too thick of the Oat-meal for ſufficient boiling, add more milk to it. Set this to boil, putting then into it a lump of Sugar, (about as big as a little Wall nut) and ſtir it well all the while, that it burn not too. About an hours boiling is ſufficient, by which time it ſhould be grown pretty thick. Put then a good lump of freſh-butter to it, which being well melted and ſtirred into the Pap and incorporated with it, take it from the fire, and put it into a diſh, and ſtrew ſome fine ſugar upon it, or mingle ſome ſugar with it to ſweeten the whole quantity. You may ſeaſon it alſo with Roſe-water or Orange flower-water, or Ambergreece, or ſome Yolks of New-laid-eggs. You may put in a very little Salt at the firſt.

Rice & Orge mondé.

Boil a quart of Milk in a large Pipkin; as ſoon as it boileth, take it from the fire, and inſtantly put into it five or ſix good ſpoonfuls of picked Rice, and cover it cloſe, and ſo let it ſtand ſoaking in the Chimney-corner two hours. Then ſet in on the fire again, to make it

ſtew or boil ſimpringly for an hour, or an hour and half more, till it be enough. Then put ſugar to it, and ſo ſerve it in.

Orge mondé is done in the ſame manner; only, you let that ſtand covered and warm all the while, during three, four or five hours, and then you boil it ſimpringly three or four hours more. The quintity muſt be more or leſs, as you deſire it thicker or thinner, which after once tryal, you will eaſily know how to proportion out. The chief care muſt be, that the Rice or Barley be well homogeneated with the Milk.

Smallage Gruel.

In a Marble mortar beat great Oat-meal to meal (which requireth long beating) then boil it three or four hours in Spring-water. To a poſſnet full of two or three quarts of water put about half a Porrenger full of Oat-meal, before it is beaten; for after beating it appeareth more. To this quantity put as much Smallage as you buy for a peny, which maketh it ſtrong of the Herb, and very green. Chop the ſmallage exceeding ſmall, and put it in a good half hour before you are to take your poſſnet from the fire. You are to ſeaſon your Gruel with a little ſalt, at the due time; and you may put in a little Nutmeg and Mace to it. When you have taken it from the fire, put into it a good pro-

proportion of butter, which ſtir well, to incorporate with the Gruel, when it is melted.

About water Gruel.

When you ſet to the fire a big pot of Oat-meal, (which muſt be but once cut, that is, every corn cut once a two) and water, to make water-gruel; Let it boil long, till it be almoſt boiled enough, then make it riſe in a great ebullition, in great galloping waves, and skim off all the top, that riſeth; which may be a third part of the whole, and is the Cream, and hath no groſs-viſible Oat-meal in it. Boil that a while longer by it ſelf, with a little Mace and Nutmeg, and ſeaſon it with Salt. When it is enough, take it off, and put Sugar, Butter, and a little Red-roſe-water to it, and an Egg with a little White-wine, if you like it, and would have it more nouriſhing. This is by much better, then the part which remaineth below with the body of the Oat-meal. Yet that will make good Water-gruel for the Servants.

If you boil it more leiſurely, you muſt skim off the Cream, as it riſeth in boiling; elſe it will quickly ſink down again to the reſt of the groſs Oat-meal. And thus you may have a finer Cream then with haſty boiling.

An Excellent and wholeſome Water-gruel with Wood-ſorrel and Currants.

Into a Poſſnet of two quarts of water, beſides the due proportion of beaten Oat-meal, put two handfuls of Wood-ſorrel a little-chopped and bruiſed, and a good quantity of picked and waſhed Currants, tyed looſly in a thin ſtuff bag (as a bolter cloth) Boil theſe very well together, ſeaſoning the Compoſition in due time, with Salt, Nutmeg, Mace, or what elſe you pleaſe, as Roſemary, &c. when it is ſufficiently boiled, ſtrain the Oat-meal, and preſs out all the juyce and humidity of the Currants and Herbs, throwing away the inſipid husks; and ſeaſon it with Sugar and Butter; and to each Porrenger-ful two ſpoonfuls of Rheniſh-wine and the yolk of an Egg.

The Queens Barley-Cream.

You muſt make a good barley-water, throwing away the three firſt waters as ſoon as they boil; which will take up about three quarters of an hour. Then you boil a large quantity of water with the Barley (which thus prepared makes the water no more Red or Ruſſet) during an hours ſpace or more; (that it may be ſtrong of the Barley; perle-Barley is beſt,) towards the latter end put in the Pullet ſlead, and the legs cut off; If it ſhould boil too long,

the

the emulſion would taſte too fleſhy. When it is enough, let the broth run clear from the Barley and pullet, and beat the Almonds with the broth, and ſtrain them from it. Then ſweeten it with Sugar. This is to make at leaſt two *Engliſh* quarts of Emulſion. I ſhould like to put ſome pulp of Barley, boiled by it ſelf, to ſtrain with the Almond-Milk, and, if you will, ſome Melon ſeeds. You may put ſome juyce of Limon or Orange to it. Alſo ſeaſon it with Cinnamon, and make the broth ſtronger of the fleſh.

The Queens white Potage is made only of the white fleſh of Capon beaten with good broth and ſtrained, and a little juyce of Limon or Orange; but no Almonds.

Preſſis Nouriſſant.

The Queen Mothers Preſſis was thus made. Take *un Gigot* of Mutton, a piece of Veal, and a Capon (or half the quantity of each of theſe) and put them to roſt with convenient fire, till they are above half roſted, or rather, till they be two thirds roſted. Then take them off, and ſqueeſe out all their juyce in a preſs with ſcrews, and ſcum all the fat from it, and put it between two diſhes upon a Chafing-diſh of Coals to boil a very little, or rather but to heat well; for by then it is through hot, the juyce will be ripened enough to drink, where-

as before it was raw and bloody; then if you perceive any fat to remain and ſwim upon it, cleanſe it away with a Feather. Squeeſe the juyce of an Orange (through a holed ſpoon) into half a Porrenger full of this, and add a little Salt, and drink it. The Queen uſed this at nights in ſtead of a Supper; for when ſhe took this, ſhe did eat nothing elſe. It is of great, yet temperate nouriſhment. If you take a couple of Partridges in ſtead of a Capon, it will be of more nouriſhment, but hotter. Great weakneſſes and Conſumptions have been recovered with long uſe of this, and ſtrength and long life continued notably. It is good to take two or three ſpoonfuls of it in a good ordinary bouillon. I ſhould like better the boiling the ſame things in a cloſe flagon *in bulliente Balneo*, as my Lady Kent, and My Mother uſed.

Broth and Potage.

Mounſieur *de Bourdeaux* uſed to take a mornings a broth, thus made. Make a very good broth (ſo as to gelly, when it is cold) a lean piece of a leg of Veal, the Crag-end of a neck of Mutton, and a Pullet, ſeaſoning it with a little Salt, Cloves and Pepper to your mind. Beat ſome of it with a handful of blanched Amonds, and twenty husked-ſeeds of Citron, and

ſtrain

ſtrain it to the whole; put Sugar to it, and ſo drink it as an Emulſion.

Otherwhiles He would make a Potage of the broth, (made without fruit) boiling and ſtewing it with ſome light-bread.

Pan Cotto.

To make a *Pan Cotto*, as the Cardinals uſe in *Rome*, Take much thinner broth, made of the fleſhes as above (or of Mutton alone) and boil it three hours, gently and cloſe covered in *una pignata*, with lumps of fine light-bread toſted or dried. *Un Pan grattato* is made the ſame way with fine light-bread grated. Seaſon the broth of either lightly with Salt, and put in the Spice at the laſt, when the bread is almoſt boiled or ſtewed enough. You may uſe juyce of Orange to any of theſe. A wholeſom courſe of diet is, to eat one of theſe, or Panada, or Cream of Oat-meal, or Barley, or two New-laid-eggs for break-faſt; and dine at four or five a Clock, with Capon or Pullet or Partridg, &c. beginning your meal with a little good nouriſhing Potage. Two Poched Eggs with a few fine dry-fryed collops of pure Bacon, are not bad for break-faſt, or to begin a meal.

My Lord Lumley's *Peaſe-Porage.*

Take two quarts of Peaſe, and put them into an Ordinary quantity of Water, and when they

are almoſt boiled, take out a pint of the Peaſe whole, and ſtrain all the reſt. A little before you take out the pint of Peaſe, when they are all boiling together, put in almoſt an Ounce of Coriander-ſeed beaten very ſmall, one Onion, ſome Mint, Parſley, Winter-ſavoury, Sweet-Marjoram, all minced very ſmall; when you have ſtrained the Peaſe, put in the whole Peaſe and the ſtrained again into the pot, and let them boil again, and a little before you take them up, put in half a pound of Sweet-butter. You muſt ſeaſon them in due time, and in the ordinary proportion with Pepper and Salt.

This is a proportion to make about a Gallon of Peaſe-porage. The quantities are ſet down by gueſs. The Coriander-ſeeds are as much as you can conveniently take in the hollow of your hand. You may put in a great good Onion or two. A pretty deal of Parſley, and if you will, and the ſeaſon afford them, you may add what you like of other Porage herbs, ſuch as they uſe for their Porages in *France*. But if you take the ſavoury herbs dry, you muſt crumble or beat them to ſmall Powder (as you do the Coriander-ſeed) and if any part of them be too big to paſs through the ſtrainer, after they have given their taſte to the quantity, in boiling a ſufficient while therein, you put them away with the husks of the Peaſe. The Pint of Peaſe that you reſerve whole, is only to ſhew that it is Peaſe-

porage.

porage. They must be of the thickness of ordinary Pease-porage. For which these proportions will make about a Gallon.

Broth for sick and convalescent Persons.

Put a Crag-end of a Neck of Mutton, a Knuckle of Veal, and a Pullet into a Pipkin of water, with a spoonful or two of *French*-barley first scalded in a water or two. The Pullet is put in after the other meat is well skimmed, and hath boiled an hour. A good hour after that, put in a large quantity of Sorrel, Lettice, Purslane, Borage and Bugloss, and boil an hour more at least three hours in all. Before you put in the herbs, season the broth with Salt, a little Pepper and Cloves, strain out the broth and drink it.

But for Potage, put at first a good piece of fleshy young Beef with the rest of the meat. And put not in your herbs till half an hour before you take off the Pot. When you use not herbs, but Carrots and Turneps, put in a little Peny-royal and a sprig of Thyme. Vary in the season with Green-pease, or Cucumber quartered longwise, or Green sower Verjuyce Grapes; always well seasoned with Pepper and Salt and Cloves. You pour some of the broth upon the sliced-bread by little and little, stewing it, before you put the Herbs upon the Potage.

The best way of ordering your bread in pot-

ages,

ages, is thus. Take light ſpungy fine white *French*-bread, cut only the cruſts into toſts. Toſt them exceeding dry before the fire, ſo that they be yellow. Then put them hot into a hot diſh, and pour upon them ſome very good ſtrong broth, boiling hot. Cover this, and let them ſtew together gently, not boil; and ſeed it with freſh-broth, ſtill as it needeth; This will make the bread ſwell much, and become like gelly.

An Excellent Poſſet.

Take half a pint of Sack, and as much Rheniſh wine, ſweeten them to your taſte with Sugar. Beat ten yolks of Eggs, and eight of whites exceeding well, firſt taking out the Cocks-tread, and if you will the skins of the yolks; ſweeten theſe alſo, and pour them to the wine, add a ſtick or two of Cinnamon bruiſed, ſet this upon a Chafing-diſh to heat ſtrongly, but not to boil; but it muſt begin to thicken. In the mean time boil for a quarter of an hour three pints of Cream ſeaſoned duly with Sugar and ſome Cinnamon in it. Then take it off from boiling, but let it ſtand near the fire, that it may continue ſcalding-hot whiles the wine is heating. When both are as ſcalding-hot as they can be without boiling, pour the Cream into the wine from as high as you can. When all is in, ſet it upon the fire to ſtew for $\frac{1}{8}$ of an hour.

Then

Then ſprinkle all about the top of it the juyce of a ¼ part of a Limon; and if you will, you may ſtrew Powder of Cinnamon and Sugar, or Ambergreece upon it.

Peaſe of the ſeedy buds of Tulips.

In the Spring (about the beginning of *May*) the flowry-leaves of Tulips do fall away, and there remains within them the end of the ſtalk, which in time will turn to ſeed. Take that ſeedy end (then very tender) and pick from it the little excreſcencies about it, and cut it into ſhort pieces, and boil them and dreſs them as you would do Peaſe; and they will taſte like Peaſe, and be very ſavoury.

Boiled Rice dry.

The manner of boiling Rice to eat with Butter, is this. In a Pipkin pour upon it as much water, as will ſwim a good fingers breadth over it. Boil it gently, till it be tender, and all the water drunk into the Rice; which may be in a quarter of an hour or leſs. Stir it often with a woodden ſpatule or ſpoon, that it burn not to the bottom: But break it not. When it is enough, pour it into a diſh, and ſtew it with ſome Butter, and ſeaſon it with ſugar and Cinnamon. This Rice is to appear dry, excepting for the Butter, that is melted in it.

Marrow

Marrow Sops with Wine.

Make thin toſts or ſlices of light *French* bread, which dry well, or toſte a little by the fire, then Soak them in Canary or old *Malaga* wine, or fine Muſcat, and lay a row of them in a deep diſh or baſon; then a row of lumps of Marrow upon that; then ſtrew a little fine ſugar mingled with ſome Powder of Cinnamon and Ambergreece (and Nutmeg, if you like it) upon that. Then another row of ſops, &c. repeating this, till the diſh be full: and more Sugar, Cinnamon and Amber at the top, then on the other rows. If you will, you may put a row of ſtoned Raiſins of the Sun upon every row of Marrow. Then cover the diſh, and put it in an Oven to bake for half an hour, or till the Marrow be ſufficiently baked.

Capon in White-broth.

My Lady of *Monmouth* boileth a Capon with white broth thus. Make reaſonable good broth, with the crag-ends of Necks of Mutton and Veal (of which you muſt have ſo much as to be at leaſt three quarts of White-broth in the diſh with the Capon, when all is done; elſe it will not come high enough upon the Capon) Beat a quarter of a pound of blanched Almonds with three or four ſpoonfuls of Cream, and, if you will, a little Roſe water; then add ſome of

of your broth to it, ſo to draw out all their ſubſtance, mingling it with the reſt of the broth. Boil your Capon in fair-water by it ſelf; and a Marrow-bone or two by themſelves in other water. Likewiſe ſome Cheſs-nuts (inſtead of which you may uſe Piſtaccios, or macerated Pine-kernels) and in other water ſome Skirrits or Endive, or Parſley-roots, according to the ſeaſon. Alſo plumpſome Raiſins of the Sun, and ſtew ſome ſliced Dates with Sugar and water. When all is ready to joyn, beat two or three New-laid-eggs (whites and all) with ſome of the White-broth, that muſt then be boiling, and mingle it with the reſt, and let it boil on: and mingle the other prepared things with it, as alſo a little ſliced *Oringiado* (from which the harp Candy-ſugar hath been ſoaked off with warm-water) or a little peel of Orange (or ſome Limon Pickled with Sugar and Vinegar, ſuch as ſerves for Salets) which you throw away, after it hath been a while boiled in it: and put a little Sack to your broth, and ſome Ambergreece, if your will, and a ſmall portion of Sugar; and laſt of all, put in the Marrow in lumps that you have knocked out of the boiled bones. Then lay your Capon taken hot from the Liquor, he is boiled in, upon ſippets and ſlices of toſted light bread, and pour your broth and mixture upon it, and cover it with another diſh, and let all ſtew together a while;

then

then ſerve it up. You muſt remember to ſeaſon your broth in due time with ſalt and ſuch ſpices as you like.

To butter Eggs with Cream.

Take to a dozen of Eggs a pint of Cream; beat them well together, and put three quarters of a pound of Butter to them, and ſo ſet them on the fire to harden, and ſtir them, till they are as hard, as you would have them.

To make Cock-Ale.

Take eight Gallons of Ale; take a Cock and boil him well; then take four pounds of Raiſins of the Sun well ſtoned, two or three Nutmegs, three or four flakes of Mace, half a pound of Dates; beat theſe all in a Mortar, and put to them two quarts of the beſt Sack: and when the Ale hath done working, put theſe in, and ſtop it cloſe ſix or ſeven days, and then bottle it, and a month after you may drink it.

To make Plague-water.

Take a pound of Rue, of Roſemary, Sage, Sorrel, Celandine, Mugwort, of the tops of red brambles, of Pimpernel, Wild-dragons, Agrimony, Balm, Angelica of each a pound. Put theſe Compounds in a Pot, fill it with White-

wine

wine above the herbs, ſo let it ſtand four days. Then ſtill it for your uſe in a Limbeck.

Another Plague-water.

Take Rue, Agrimony, Wormwood, Celandine, Sage, Balm, Mugwort, Dragons, Pimpernel, Mary-gold, Fetherfew, Burnet, Sorrel, and Elicampane-roots ſcraped and ſliced ſmall. Scabious, Wood-betony, Brown-mayweed, Mints, Avence, Tormentil, *Cardnus benedictus*, and Roſemary as much as of any thing elſe, and Angelica if you will. You muſt have like weight of all them, except Roſemary aforeſaid, which you muſt have twice as much of as of any of the reſt; then mingle them altogether and ſhred them very ſmall; then ſteep them in the beſt VVhite-wine you can get, three days and three nights, ſtirring them once or twice a day, putting no more wine then will cover the Herbs well; then ſtill it in a Common-ſtill; and take not too much of the firſt-water, and but a little of the ſecond, according as you feel the ſtrength, elſe it will be ſower. There muſt be but half ſo much Elicampane as of the reſt.

To make Rasbery-wine.

Take four Gallons of *Deal* wine, put it into an earthen jugg; put to it four Gallons of Raſberries; let them ſtand ſo infuſing ſeven days; then preſs it out gently; Then infuſe as many more

more Rasberries seven days longer, and so three times if you please; put to it as much fine Sugar as will make it pleasant; Put it into a Runlet close stopped, let it stand till it is fine; and then draw it into bottles, and keep it till it be fine.

To keep Quinces all the year good.

Take all your least and worst Quinces, that are sound, and cut them in pieces, with all the Corings and Parings you make; boil them more then an hour; then put the Quinces into this boiling liquor, and take them forth presently, not letting them boil, and lay them to cool one by one a part; then take the liquor and strain it; and put for every Gallon of liquor half a pint of honey; then boil it and scum it clean; let it be cold; and then put your Quinces into a pot or tub, that they be covered with the liquor, and stop it very close with your Paste.

To make a White-pot.

Take three quarts of Cream, and put into it the yolks of twelve Eggs; the whites of four, being first very well beaten between three quarters of a pound of Sugar, two Nutmegs grated, a little Salt; half a pound of Raisins first plump'd. These being sliced together, cut some thin slices of a stale Manchet; dry them in a dish

diſh againſt the fire, and lay them on the top of the Cream, and ſome Marrow again upon the bread, and ſo bake it.

To make an Hotchpot.

Take a piece of Brisket-beef; a piece of Mutton; a Knuckle of Veal; a good Colander of pot-herbs; half minced Carrots, Onions and Cabbage a little broken. Boil all theſe together until they be very thick.

Another Hotchpot.

Take a Pot of two Gallons or more; and take a brisket rand of Beef; any piece of Mutton, and a piece of Veal; put this with ſufficient water into the pot, and after it hath boiled, and been skimmed, put in a great Colander full of ordinary pot-herbs; a piece of Cabbage, all half cut; a good quantity of Onions whole, ſix Carrots cut and ſliced, and two or three Pippins quartered. Let this boil three hours until it be almoſt a gelly, and ſtir it often, leaſt it burn.

To ſtew Beef.

Take good fat Beef, ſlice it very thin into ſmall pieces, and beat it well with the back of a chopping Knife. Then put it into a Pipkin, and cover it with wine and water, and put unto it a

handful of good Herbs, and an Onion, with an Anchoves. Let it boil two hours; A little before you take it up, put in a few Marygold-flowers; and so season it with what Spice you please, and serve them up both with sippets.

Another to stew Beef.

Take very good Beef, and slice it very thin; and beat it with the back of a Knife; Put to it the gravy of some meat, and some wine or strong broth, sweet-herbs a quantity; let it stew till it be very tender; season it to your liking; and varnish your dish with Marygold-flowers of Barberries.

To stew a Breast of Veal.

Take a Breast of Veal half rosted, and put it a stewing with some wine and gravy; three or four yolks of Eggs minced small; a pretty quantity of Sweet-herbs with an Onion, Anchoves or Limon; stick it either with Thyme or Limon-peels, and season it to your liking.

Sauce of Horse-Radish.

Take Roots of Horse-radish scraped clean, and lay them to soak in fair-water for an hour. Then rasp them upon a Grater, and you shall have them all in a tender spungy Pap. Put Vinegar to it, and a very little Sugar, not so much as

as to be tasted, but to quicken (by contariety) the taste of the other.

The Queens Hochpot.

From Her Escuyer de Cuisine, Mr. la Montagne.

The Queen Mothers Hochpot of Mutton, is thus made. It is exceeding good of fresh Beef also, for those whose Stomacks can digest it. Cut a neck of Mutton, Crag end and all into steaks (which you may beat, if you will; but they will be very tender without beating) and in the mean time prepare your water to boil in a Posnet, (which must be of a convenient bigness to have water enough, to cover the meat, and serve all the stewing it, without needing to add any more to it; and yet no superfluous water at last.) Put your meat into the boiling water, and when you have scummed it clean, put into it a good handful of Parsley, and as much of Sibboulets (young Onions, or Sives) chopped small, if you like to eat them in substance; otherwise tied up in a bouquet, to throw them away, when they have communicated to the water all their taste; some Pepper; three or four Cloves, and a little Salt, and half a Limon first pared. These must stew or boil simpringly, (covered) at least three or hours (a good deal more, if Beef) stirring it often, that it burn not too. A good hour before you intend to take it off, put some quartered Turneps to it,

or, if you like them, ſome Carrots. A while after, take a good lump of Houſhold-bread, bigger then your fiſt, cruſt and crum, broil it upon a Gridiron, that it be throughly toſted; ſcrape off the black burning on the on ſide; then ſoak it throughly in Vinegar, and put this lump of toſt into your poſsnet to ſtew with it; which you take out and throw away after a while. About a quarter of an hour before you ſerve it up melt a good lump of Butter (as much as a great Egg) till it grow red; then take it from the fire, and put to it a little fine flower to thicken it (about a couple of ſpoonfuls) like thick Pap. Stir them very well together; then ſet them on the fire again, till it grow-red, ſtirring it all the while; then put to it a ladleful of the liquor of the pot, and let them ſtew a while together to incorporate, ſtirring it always. Then pour this to the whole ſubſtance in the Poſsnet, to Incorporate with all the liquor, and ſo let them ſtew a while together. Then pour it out of the poſsnet into your diſh, meat and all: for it will be ſo tender, it will not endure taking up piece by piece with your hand. If you find the taſte not quick enough, put into it the juyce of the half Limon, you reſerved. For I ſhould have ſaid, that when you put in the Herbs, you ſqueeſe in alſo the juyce of half a Limon (pared from the yellow rinde, which elſe would make it

bit-

bitter) and throw the pared and ſqueeſed half (the ſubſtance) into it afterwards. The laſt things (of Butter, bread, flower) cauſe the liaiſon and thickening of the liquor. If this ſhould not be enough, you may alſo put a little gravy of Mutton into it; ſtirring it well when it is in, leaſt it curdle in ſtewing, or you may put the yolk of an Egg or two to your liaiſon of Butter, Flower, and ladleful of broth.

For gravy of Mutton. Roſt a juycy leg of Mutton three quarters. Then gaſh it in ſeveral places, and preſs out the juyce by a ſcrew-preſs.

A ſavoury and nouriſhing boiled Capon Del Conte di Trino, à Milano.

Take a fat and fleſhy Capon, or a like Hen; Dreſs it in the ordinary manner, and cleanſe it within from the guts, &c. Then put in the fat again into the belly, and ſplit the bones of the legs and wings (as far as you may, not to deface the fowl) ſo as the Marrow may diſtil out of them. Add a little freſh Butter and Marrow to it; ſeaſon it with Salt, Pepper, and, what other Spice you like, as alſo ſavoury herbs. Put the Capon with all theſe condiments into a large ſtrong ſound bladder of an Ox (firſt well waſhed and ſcoured with Red-wine) and tie it very cloſe and faſt to the top, that nothing may ouſe out, nor any water get in (and

there must be void space in the bladder, that the flesh may have room to swell and ferment in; therefore it must be a large one.) Put this to boil for a couple of hours in a Kettle of water, or till you find by touching the Bladder, that the Capon is tender and boiled enough. Then serve it up in a dish, in the Bladder (dry wiped) which when you cut, you will find a precious and nourishing liquor to eat with bread, and the Capon will be short, tender, most savoury and full of juyce, and very nourishing.

I conceive, that if you put enough Ox-marrow, you need no butter; and that it may do well to add Ambergreece, Dates-sliced and pithed, Raisins, Currants, and a little Sugar.

Peradventure this might be done well in a Silver-flagon close luted, set in *Balneo bulliente*, as I make the nourishing broth or gelly of Mutton or Chickens, &c.

An Excellent Baked Pudding.

Slice thin two peny-roles, or one, of *French*-bread, the tender part. Lay it in a dish or pan. Pour upon it a quart of Cream, that hath been well boiled. Let it stand almost half an hour, till it be almost cold. Then stir the bread and Cream very well together, till the bread be well broken and Incorporated. (If you have no *French* bread, take stale *Kingston* bread, gra-

grated) add to this two ſpoonfuls of fine Wheat-flower, the yolks of four Eggs, and the whites of two; a Nutmeg grated ſmall; Sugar to your taſt; a little Salt, and the Marrow of two bones a little ſhreded. Stir all theſe together; then pour it into a diſh greaſed over with Butter, and ſet it uncovered in the Oven to bake. About half an hour will ſerve, and give the top a yellow criſpineſs. Before you put in the Marrow, put in a quarter of a pound and a half of Raiſins of the Sun, and as much of Currants; Ordering them ſo, that they may not fall to the bottom, but be all about the pudding.

My Lady of Portland's *Minced Pyes.*

Take four pounds of Beef, Veal or Neats-Tongues, and eight pounds of Suet; and mince both the meat and Suet very ſmall, befor you put them together. Then mingle them well together, and mince it very ſmall, and put to it ſix pounds of Currants waſhed and picked very clean. Then take the Peel of two Limons, and half a ſcore of Pippins, and mince them very ſmall. Then take above an Ounce of Nutmegs, and a quarter of an Ounce of Mace, ſome Cloves and Cinnamon, and put them together, and ſweeten them with Roſe-water and Sugar. And when you are ready to put them into your Paſte, take Citron and Orangiadoe, and ſlice

them very thin, and lay them upon the meat. If you please, put dates upon the top of them. And put amongst the meat an Ounce of Caraway-seeds. Be sure you have very fine Paste.

My Lady of *Portland* told me since, that she finds Neats-tongues to be the best flesh for Pies. Parboil them first. For the proportion of the Ingredients she likes best to take equal parts of flesh, of suet, of currants and of Raisins of the Sun. The other things in proportion as is said above. You may either put the Raisins in whole, or stone the greatest part, and Mince them with the Meat. Keep some whole ones, to lay a bed of them at the top of the Pye, when all is in. You will do well to stick the Candid Orange-peel, and green Citron-peel into the meat. You may put a little Sack or Greek Muscadine into each Pye. A little Amber-sugar doth well here. A pound of flesh, and proportionably of all things else, is enough for once in a large family.

Another way of making excellent Minced Pyes of My Lady Portlands.

Parboil Neats-tongues. Then Peel and hash them with as much as they weigh of Beef-suet, and stoned Raisins, and picked Currants. Chop all exceeding small, that it be like Pap. Employ therein at least an hour more, then ordinarily is used. Then mingle a very little Sugar with

with them, and a little wine, and thruſt in up and down ſome thin ſlices of green Candyed Citron-peel. And put this into coffins of fine light well reared cruſt. Half an hour baking will be enough. If you ſtrew a few Carvi comfits on the top, it will not be amiſs.

Minced Pyes.

My Lady *Laſſon* makes her fineſt minced Pyes of Neats-tongues; But ſhe holdeth the moſt ſavoury ones to be of Veal and Mutton equal parts very ſmall minced. Her fineſt cruſt is made by ſprinkling the flower (as much as it needeth) with cold water, and then working the paſt with little pieces of raw Butter in good quantity. So that ſhe uſeth neither hot water, nor melted butter in them; And this makes the cruſt ſhort and light. After all the meat and ſeaſoning, and Plums and Citron Peel, &c. is in the Coffin, ſhe puts a little Ambered-ſugar upon it, thus; Grind much two grains of Ambergreece and half a one of Muſk, with a little piece of hard loaf-Sugar. This will ſerve ſix or eight pyes, ſtrewed all over the top. Then cover it with the Liddle, and ſet it in the Oven.

To Roſt fine Meat.

When the Capon, Chickens, or Fowl, have been long enough before the fire, to be through hot,

hot, and that it is time to begin to baſte them: baſte them once all over very well with freſh Butter; then preſently powder it all over very thin with Flower. This by continuing turning before the fire, will make a thin cruſt, which will keep in all the juyce of the meat. Therefore baſte no more, nor do any thing to it, till the meat be enough roſted. Then baſte it well with Butter as before, which will make the cruſt relent and fall away; which being done, and that the meat is growing brown on the Out-ſide, beſprinkle it over with a little ordinary white Salt in groſs-grains; and continue turning, till the outſide be brown enough.

The Queen uſeth to baſte ſuch meat with yolks of freſh Eggs beaten thin, which continue to do all the while it is roſting.

Savoury Collops of Veal.

Cut a Leg of Veal into thin Collops, and beat them well with the back of a Knife. Then lay them in ſoak a good half hour in the yolks of four Eggs, and the whites of two very well beaten, and a little ſmall ſhreded Thyme mingled with it; then lay them in the Frying-pan, wherein is boiling Butter, and pour upon them the reſt of the Eggs, that the Collops have not Imbibed, and carry with them, and fry them very well, turning them in due time. Then pour away all the Butter, and make them a

Sauce

Sauce of Gravy ſeaſoned with Salt and Spice, and juyce of Orange at laſt ſqueeſed upon them.

A Fricacee of Lamb-ſtones, or Sweet-breads, or Chicken, or Veal, or Mutton.

Boil the meat in little pieces (if Chicken, ſlead and beaten) in the Pan with a pint of fair-water, with due ſeaſoning. When it is very tender, put ſome Butter to it, and pour upon it a Liquor made of four yolks of Eggs beaten with a little white wine and ſome Verjuyce; and keep this in motion over the fire, till it be ſufficiently thickened. Then pour it into a warm diſh, and ſqueeſe ſome juyce of Orange upon it, and ſo ſerve it up. If you would have the meat firſt made brown and *Riſſolé*, fry it firſt with Butter, till it be brown on the outſide; then pour out all the Butter, and put water to it, in which boil it, and do all as before. If you like Onions or Garlike, you may put ſome to the water. Fleſh broth may be uſed (both ways) in ſtead of water, and maketh it more Savoury.

A Nouriſhing Hachy.

Take good Gravy of Mutton or Veal, or of both, with the fat clean skimmed off. Break into it a couple of new-laid Eggs, and ſtir them in it over a Chafing-diſh of Coals; in the mean time, mingle ſome ſmall cut juycy haſhy of Rabet, Capon or Mutton with another parcel of like

like Gravy as above, till it be pretty thin. Then put this to the other upon the fire, and ſtir them well with a ſpoon, whiles they heat. When all is heated through, it will quicken of a ſudden. You may put in at firſt a little chipping of cruſty bread, if you will. Seaſon this with white Pepper, Salt, juyce of Orange or Verjuyce, of Berberies, or Onion, or what you like beſt.

A pint of Gravy (or leſs) four or five ſpoonfulls of haſhy, and two Eggs, is a convenient proportion for a light Supper.

Such Gravy, with an Onion ſplit in two, lying in it, whiles it is heating, and a little Pepper and Salt, and juyce of Limon or Orange, and a few Chippings of light-bread, is very good Sauce for Partridges or Cocks.

Excellent Marrow-Spinage-Paſties.

Take Spinage, and chop it a little; then boil it, till it be tender. In the mean time make the beſt rich light Cruſt you can, and roul it out, and put a little of your Spinage into it, and Currants and Sugar, and ſtore of lumps of Marrow; Clap the Paſt over this to make little Paſties deep within, and fry them with clarified Butter.

To Pickle Capons My Lady Portland's *way.*

Take two large fleſhy Capons, not two fat; when you have draw'd and truſſed them, lay them

them upon a Chafing-dish of Charcoal to singe them, turning them on all sides, till the hair and down be clean singed off. Then take three pounds of good Lard, and cut it into larding pieces, about the thickness of a two-peny cord, and Lard it well, but first season your bits of Lard, with half an Ounce of Pepper, and a handful of Salt, then bind each of them well over with Pack-thread, and have ready over the fire about two Gallons of Beef-broth, and put them in a little before it boileth; when they boil, and are clean skimmed, then put in some six Bay-leaves; a little bunch of Thyme; two ordinary Onions stuck full of Cloves, and Salt, if it be not Salt enough already for pickle; when it hath boiled about half an hour, put in another half Ounce of beaten White-Pepper, and a little after, put in a quart of White-wine; So let it boil, until it hath boiled in all an hour; and so let it lie in the pickle till you use it; which you may do the next day, or any time within a fortnight; instead of broth you may use water, which is better; in case you do four or six, which of themselves will make the pickle strong enough. If you will keep them above four days, you must make the pickle sharp with Vinegar.

Very

Very good ſauce for Partridges or Chicken.

To ordinary Sauce of ſliced or grated-bread ſoaked in good Bouillon, with Butter melted in it, put Gravy of Mutton, and a Cloven-Onion or two, to ſtew with it whiles you put it upon the fire to heat anew. Then take out the Onion, and put in ſome Limon-ſliced, or juyce of Limon, and ſome white Pepper. You put in his proportion of Salt before.

To make Minced Pyes.

Take two Neats-tongues, and boil them. Shred them with Beef-ſuet, and put in Cloves and Mace, beaten very ſmall, with Raiſins, Currants and Sugar; you muſt mingle them before you put in your Suet. Fat double tripes boiled tender, then minced, make very good Pyes.

To make a French-*Barley Poſſet.*

Take two quarts of Milk to half a pound of *French*-barley; boil it, until it is enough; when the Milk is almoſt boiled away, put to it three Pintes of good Cream. Let it boil together a quarter of an hour; then ſweeten it; and put in Mace, Cinnamon in the beginning, when you firſt put in your Cream. When you have done ſo, take White-wine a Pint, or Sack and White-wine together, of each half a Pint; ſweeten it, as you love it, with Sugar; pour in all the Cream,

Cream, but leave your Barley behind in the Skillet. This will make an Excellent Posset; nothing else but a tender Curd to the bottom; let it stand on the Coals half a quarter of an hour.

To make Puff-past.

Take a Gill of cold-water; two whites of Eggs, and one yolk; to a quart of Flower one pound of Butter; so rowl it up, but keep out of the Flower so much as will rowl it up.

To make a Pudding with Puff-past.

Take a new *French* peny-loaf, and slice it very thin, and lay it in a dish; and take three pints of Cream, and boil it with a little Mace and Nutmeg grated; sweeten it with a little Sugar, and add to it a little Salt. Then let it stand till it be cold. Then take ten yolks of Eggs; and beat them very well with two or three spoonfuls of the Cream; then put it into the Cream, and stir them well together: Take the Marrow of three bones; lay half the Marrow upon the bread in good big lumps, and some Citron, and Candid Limon, and what other sweet-meats you like. Then pour it all upon the bread; then put the rest of your Marrow on the top with Citron and Candid Limon. I forgat to tell you, that you must lay a Puff-

paste

paſte at the bottom of the diſh, before you put in the bread, and cover it with the ſame.

To make Pear-Puddings.

Take a cold Turky, Capon or co'd Veal. Shred it very ſmall; and put almoſt as much Beef-ſuet as your meat, and mince it very ſmall. Then put Salt and Nutmeg grated, half a pound of Currants; a little grated-bread, and a little Flower. Then put in three yolks of Eggs, and one of the whites, beaten very well. Then take ſo much Cream, as will wet them, and make them up as big as a Bon-chriſtian pear; and as you make them up, take a little flower in your hand, that they may not cling. Then put in little ſticks at the bottom like the ſtems of Pears; or make them up in Balls. Butter the diſh very well, and ſend them up in the ſame diſh you bake them in. They will be baked in about half an hour: I think the diſh needeth not to be covered, whiles it baketh. You may make minced Pyes thus: and bake them with Puff-paſt in a diſh like a Florenden, and uſe Marrow in ſtead of Suet.

Marrow-Puddings.

Take the pith of Beeves; a good ſpoonful of Almonds very ſmall beaten with Roſe-water: beat the pith, when the skin is taken off very well with a ſpoon; then mingle it with the Almonds,

monds, and put in it ſix yolks of Eggs well beaten, and four ſpoonfuls of Cream boiled and cold, it muſt be very thick; put in a little Amber-greece, and as much Sugar, as will ſweeten them; a little Salt, and the Marrow of two good bones, cut in little pieces. When your Beefs-guts are ſeaſoned, fit them up and boil them.

To make Red Dear.

Take a piece of the Buttock of Beef, the leaneſt of it, and beat it with a rowling-pin the ſpace of an hour, till you think you have broken the grain of it, and have made it very open both to receive the ſowſing-drink, and alſo to make it tender. Then take a pint of Vinegar, and a pint of Claret-wine and let it lie therein two nights, and two days. Then beat a couple of Nutmegs, and put them into the ſowſing-drink, then Lard it. Your Lard muſt be as big as your greateſt finger for conſuming. Then take Pepper, Cloves, Mace and Nutmegs, and ſeaſon it very well in every place, and ſo bake it in Eye-paſte, and let it ſtand in the oven ſix or ſeven hours. And when it hath ſtood three hours in your oven, then put it in your ſowſing-drink as is aforeſaid; and you may keep it a quarter of a year, if it be kept cloſe.

To make a ſhoulder of Mutton like Veniſon.

Save the blood of your ſheep, and ſtrain it. Take grated bread almoſt the quantity of a Peny loaf, Pepper, Thyme, chopp'd ſmall; mingle theſe Ingredients with a little of the blood, and ſtuff the Mutton. Then wrap up your ſhoulder of Mutton, and lay it in the blood twenty four hours; prick the ſhoulder with your Knife, to let the blood into the fleſh, and ſo ſerve it with Veniſon Sawce.

To ſtew a Rump of Beef.

Take a Rump of Beef, and ſeaſon it with Nutmegs grated, and ſome Pepper and Salt mingled together, and ſeaſon the Beef on the Bony-ſide; lay it in a pipkin with the fat-ſide downward. Take three pints of Elder-wine-vinegar, and as much water, and three great Onions, and a bunch of Roſemary tyed up together. Put them all into a Pipkin, and ſtew them three or four hours together with a ſoft fire being covered cloſe. Then diſh it up upon ſippets, blowing off the fat from the Gravy; and ſome of the Gravy put into the Beef, and ſerve it up.

To boil ſmoaked Fleſh.

Monnſieur *Overbec* doth tell me, that whe

He boileth a Gambon of Bacon, or any ſalted fleſh and hanged in the ſmoak (as Neats-tongues, Hung-beef, and Hogs-cheeks, &c.) He putteth into the Kettle of water to boil with them three or four handfuls of *fleur de foin*, (more or leſs according to the quantity of fleſh and water,) tyed looſly in a bag of courſe-cloth. This maketh it much tenderer, ſhorter, mellower, and of a finer colour.

A Plain but good Spaniſh *Oglia.*

Take a Rump of Beef, or ſome of Briſket or Buttock cut into pieces, a loin of Mutton, with the ſuperfluous fat taken off, and a fleſhy piece of the Leg of Veal or a Knuckle, a piece of enterlarded Bacon, three or 4 Onions (or ſome Garlike) and if you will, a Capon or two, or three great tame Pigeons. Firſt, put into the water the Beef and the Bacon; After a while, the Mutton and Veal and Onions. But not the Capon or Pigeons till only ſo much time remain, as will ſerve barely to boil them enough. If you have *Garavanzas*, put them in at the firſt, after they have been ſoaked with Aſhes all night in heat, and well waſhed with warm water, after they are taken out; or if you will have Cabbage, or Roots, or Leeks, or whole Onions, put them in time enough to be ſufficiently boiled. You may at firſt put in ſome Cruſts of

bread, or Veniſon Pye croſt. It muſt boil in all five or ſix hours gently, like ſtewing after it is well boiled. A quarter or half an hour before you intend to take it off, take out a porrenger full of broth, and put to it ſome Pepper and five or ſix Cloves and a Nutmeg, and ſome Saffran, and mingle them well in it. Then put that into the pot, and let it boil or ſtew with the reſt a while. You may put in a bundle of Sweet-herbs. Salt muſt be put in as ſoon as the water is skimmed.

Vuova Lattate.

Take a quart of good, but fine broth; beat with it very well eight New laid eggs (whites and all) and put in a little Sugar, and if you will a little Amber, or ſome Mace, or Nutmeg. Put all this into a fit Pipkin, and ſet this in a great one, or a kettle of boiling water, till it be ſtiffened like a Cuſtard.

Vuova Sperſa.

When ſome broth is boiling in a Pipkin, pour into it ſome Eggs well beaten, and they will curdle in a lump, when they are enough; take them out with a holed ladle, and lay them upon the bread in the Mineſtra.

To make Excellent Black-puddings.

Take a quart of Sheeps-blood, and a quart of Cream;

Cream; ten Eggs, the yolks and the whites beaten well together; ſtir all this Liquor very well, then thicken it with grated Bread, and Oat-meal finely beaten, of each a like quantity; Beef-ſuet finely ſhred and Marrow in little lumps: ſeaſon it with a little Nutmeg and Cloves and Mace mingled with Salt, a little Sweet-marjoram, Thyme and Peny-royal ſhred very well together, and mingle them with the other things: Some put in a few Currants; then fill them in cleanſed guts, and boil them carefully.

A Receipt to make white Puddings.

Take a fillet of Veal, and a good fleſhy Capon; then half roſt them both, and take off their skins: which being done, take only the wings and brawns with an equal proportion of Veal, which muſt be ſhred very ſmall as is done for Saſſages. To this ſhred half a pound of the belly part of interlarded Bacon, and half a pound of the fineſt leaf (*la panne*) of Hog cleared from the skin; then take the yolks of eighteen or twenty Eggs, and the whites of ſix well beaten with as much Milk and Cream, as will make it of convenient thickneſs; and then ſeaſon it with Salt, Cloves, Nutmeg, Mace, Pepper, and Ginger, if you pleaſe. The Puddings muſt be boiled in half Milk and half water. You are to uſe ſmall-guts, ſuch as for white-

Marrow-puddings, and they are to be cleanſed in the Ordinary manner; and filled very lankley; for they will ſwell much in the boiling, and break if they be too full.

To make an Excellent Pudding.

Take of the Tripes of Veal the whiteſt and fineſt you can find; waſh them well, and let them lie in fair Fountain or River-water, till they do not ſmell like Tripes. This done, cut them ſo ſmall as is neceſſary to paſs through a Tunnel. Take alſo one or two pounds of Pork, that hath not been ſalted, and cut it as ſmall as the Tripes, and mingle them altogether; which ſeaſon with Salt, White-pepper, Aniſ-ſeeds beaten, and Coriander-ſeeds; Then make a Liaiſon with a little Milk and yolks of Eggs; and after all is well mingled and thickned, as it ought to be, you muſt fill with it the greateſt guts of a Hog, that may be had, with a Funnel of White iron, having firſt tyed the end of the gut below. Do not fill it too full, for fear they ſhould break in the boiling, but leave room enough for the fleſh to ſwell. When you are going to boil them, put them into a Kettle with as much Milk as will cover and boil them, being boiled, let them lie in the liquor till they are almoſt cold, then take them out and lay them in a basket upon a clean linnen cloth to cool.

If

If they are well ſeaſoned, they will keep twelve or fifteen days; provided you keep them in a good place, not moiſt, nor of any bad ſmell. You muſt ſtill turn them and remove them from one place to another.

Scotch Collops.

My Lord of *Briſtol's Scotch* Collops are thus made: Take a leg of fine Sweet-Mutton, that, to make it tender, is kept as long as poſſible may be without ſtinking. In Winter ſeven or eight days. Cut it into ſlices with a ſharp Knife as thin as poſſibly you can. Then beat it with the back of a heavy Knife, as long as you can, not breaking it in pieces. Then ſprinkle them with Salt, and lay them upon the Gridiron over a ſmall Charcoal-fire, to broil, till you perceive that ſide is enough, and before any moiſture run out of them upon the fire. Then lay the Collops into a warm diſh cloſe covered, till the Gravy be run out of them. Then lay their other ſide upon the Gridiron, and make an end of broiling them, and put them again into the diſh, where the former Gravy run out. Add to this more Gravy of Mutton, heightened with Garlike or Onions, or Eſchalots; and let them ſtew a while together, then ſerve them in very hot.

They are alſo very good of a Rump of tender Beef.

To roſt Wild-Boar.

At *Franckfort*, when they roſt Wild-boar (or Ro-buck or other Veniſon) they lay it to ſoak, ſix or eight or ten days (according to the thickneſs and firmneſs of the piece and Penetrability of it) in good Vinegar, wherein is Salt and Juniper-berries bruiſed (if you will, you may add bruiſed Garlick or what other *Haut-gouſt* you like) the Vinegar coming up half way the fleſh, and turn it twice a day. Then if you will, you may Lard it.

When it is roſted, it will be very mellow and tender. They do the like with a leg or other part of Freſh-pork.

Pyes.

I made good Pyes there with two Hares, a good Gooſe and (as much as the Gooſe is) the lean of freſh good Pork, all well haſhed and ſeaſoned; then larded with great Lardons well ſeaſoned, (firſt ſprinkled with Vinegar and Wine) and covered with Bay-leaves, and ſheets of Lard; then laid in paſt, and baked.

I made alſo good Pyes of Red-Deer, larding well the lean, then laying under it a thick Plaſtron (or Cake of a Finger thick) of Beef-ſuet, firſt chapped ſmall, and ſeaſoned well with Pepper and Salt, then beaten into a Cake fit for the meat. And another ſuch Cake upon the

Deers-

Deers-flesh, and so well baked in strong crust, and soaked two or three hours in the oven after it was baked enough, which required six good hours. If you use no Suet, put in Butter enough; as also, put in enough to fill the paste, after it is baked and half cold, by a hole made in the top, when it is near half baked.

Baked Venison.

My Lady of *Newport* bakes her Venison in a dish thus; A side or a hanch serves for two dishes. Season it as for a Pasty. Line the dish with a thin crust, of good pure Past, but make it pretty thick upwards towards the brim, that it may be there Pudding-crust. Lay then the Venison in a round piece upon the Paste in the dish, that must not fill it up to touch the Pudding, but lie at ease; put over it a cover, and let it over-reach upon the brim with some carved Pasty work to grace it, which must go up with a border like a lace growing a little way upwards upon the Cover, which is a little arched up, and hath a little hole in the top to pour in unto the meat the strong well seasoned broth, that is made of the broken bones, and remaining lean flesh of the Venison. Put a little pure Butter or Beef-suet to the Venison, before you put the cover on, unless it be exceeding fat. This must bake five or six hours or more as an ordinary Pasty. An hour, or an hour and half before

before you bake it out to ſerve it up, open the Oven, and draw out the diſh far enough to pour in at the little hole of the cover the ſtrong decoction (in ſtead of decoction in water, you may boil it by ſelf in *Balneo in duplici vaſe*; or bake it in a pot with broth and Gravy of Mutton) of the broken bones and fleſh. Then ſet it in again, to make an end of his baking and ſoaking. The meat within (even the lean) will be exceeding tender and like a gelly; ſo that you may cut all of it with a ſpoon. If you bake a ſide at once in two diſhes, the one will be very good to keep cold; and when it is ſo, you may, if you pleaſe, bake it again to have it hot; not ſo long as at firſt, but enough to have it all perfectly heated through. She bakes thus in Pewter-diſhes of a large ſize.

Mutton or Veal may be thus baked with their due ſeaſoning; as with Onions, or Onions and Apples, or Larding, or a Cawdle, &c. Sweet-breads, Beatilles, Champ gnons, Treuffles, &c.

An Excellent way of making Mutton Steaks.

Cut a Rack of Mutton into tender Steaks, Rib by Rib, and beat the fleſh well with the back of a Knife. Then have a compoſition ready, made of Crumbs of ſtale Manchet grated ſmall, and a little Salt (a fit proportion to Salt the meat) and a leſs quantity of White-Pepper,

pepper. Cover over on both ſides all the fleſh with this, pretty thick, preſſing it on with your fingers and flat Knife, to make it lie on. Then lay the Steaks upon a Gridiron over a very quick fire (for herein conſiſteth the well doing) and when the fire hath pierced in a little on the one ſide, turn the other, before any juyce drop down through the Powder. This turning the ſteaks will make the juyce run back the other way; and before it run through, and drop through this ſide, you muſt turn again the other ſide: doing ſo, till the Steaks be broiled enough. Thus you keep all the juyce in them, ſo that when you go to eat them (which muſt be preſently, as they are taken from the fire) abundance of juyce runneth out as ſoon as your Knife entereth into the fleſh. The ſame Perſon, that doth this, roſteth a Capon ſo as to keep all its juyce in it. The myſtery of it is in turning it ſo quick, that nothing can drop down. This maketh it the longer in roſting. But when you cut it up, the juyce runneth out, as out of a juycie leg of Mutton; and it is excellent meat.

Excellent good Collops.

Take two legs of fleſhy juycie tender young Mutton, cut them into as thin ſlices as may be. Beat them with the back of a thick Knife, with ſmart, but gentle blows, for a long time, on both

both sides: And the stroaks crossing one another every way, so that the Collops be so short, that they scarce hang together. This quantity is near two hours beating. Then lay them in a clean frying-pan, and hold them over a smart fire: And it is best to have a fit cover for the Pan, with a handle at the top of it, to take it off when you will. Let them fry so covered, till the side next the Pan be enough; then turn the other side, and let that fry, till it be enough. Then Pour them with all the Gravy (which will be much) into a hot dish, which cover with another hot one, and so serve it in to eat presently. You must season the Collops with Salt sprinkled upon them, either at the latter end of beating them, or whiles they fry. And if you love the taste of Onions, you may rub the Pan well over with one, before you lay in the Steaks or Collops; or when they are in the dish, you may beat some Onion water amongst the Gravy. You may also put a little fresh-butter into the pan to melt, and line it all over before you put in the Collops, that you may be sure, they burn not to the pan. You must put no more Collops into one pan, at once, then meerly to cover it with one Lare; that the Collops may not lye one upon another.

Black

Black Puddings.

Take three pints of Cream, and boil it with a Nutmeg quartered, three or four leaves of large Mace, and a ſtick of Cinnamon. Then take half a pound of Almonds, beat them and ſtrain them with the Cream. Then take a few fine Herbs, beat them and ſtrain them to the Cream, which came from the Almonds. Then take two or three ſpoonfuls (or more) of Chickens blood; and two or three ſpoonfuls of grated-bread, and the Marrow of ſix or ſeven bones, with Sugar and Salt, and a little Roſe-water. Mix all together, and fill your Puddings. You may put in eight or ten Eggs, with the whites of two well-beaten. Put in ſome Musk or Ambergreece.

To make Pith Puddings.

Take a good quantity of the pith of Oxen, and let it lie all night in water to ſoak out the blood. The next morning, ſtrip it out of the skin, and ſo beat it with the back of a ſpoon, till it be as fine as Pap: You muſt beat a little Roſe-water with it. Then take three pints of good thick Cream, and boil it with a Nutmeg quartered, three or four leaves of large Mace; and a ſtick of Cinnamon. Then take half a pound of the beſt *Jordan* Almonds. Blanch them in cold water all night; then beat them in a

Mortar

Mortar with ſome of your Cream; and as they grow dry, ſtill put in more Cream; and when they be well beaten, ſtrain the Cream from the Almonds into the Pith. Then beat them ſtill, until the Cream be done, and ſtrain it ſtill to the pith. Then take the yolks of ten Eggs, with the Whites of two; beat them well, and put them to your former Ingredients. Then take a ſpoonful of grated-bread. Mingle all theſe together, with half a pound of fine-ſugar, the Marrow of ſix or ſeven bones, and ſome Salt, and ſo fill your Puddings.

They will be much the better, if you put in ſome Ambergreece.

Red-Herrings Broyled.

My Lord *d' Aubigny* eats Red-herrings thus broiled. After they are opened and prepared for the Gridiron, ſoak them (both ſides) in Oyl and Vinegar beaten together in pretty quantity in a little Diſh. Then broil them, till they are hot through, but not dry. Then ſoak them again in the ſame Liquor as before, and broil them a ſecond time. You may ſoak and broil them again a third time; but twice may ſerve. They will be then very ſhort and criſp and ſavoury. Lay them upon your Sallet, and you may alſo put upon it, the Oyl and Vinegar, you ſoaked the Herrings in.

An Oat-meal-Pudding.

Take a Pint of Milk; and put to it a Pint of large or midling Oat-meal; let it ſtand upon the fire, until it be ſcalding hot: Then let it ſtand by and ſoak about half an hour: Then pick a few ſweet-Herbs and ſhred them, and put in half a pound of Currants, and half a pound of Suet, and about two ſpoonfuls of Sugar, and three or four Eggs. Theſe put into a bag, and boiled, do make a very good Pudding.

To make Pear-Puddings.

Take a cold Capon, or half-roſted, which is much better; then take Suet, ſhred very ſmall the meat and Suet together; then half as much grated bread, two ſpoonfuls of Flower, Nutmegs, Clove and Mace; Sugar as much as you pleaſe; half a Pound of Currants; the yolks of two Eggs, and the white of one; and as much Cream, as will make it up in a ſtiff Paſte. Then make it up in faſhion of a pear, a ſtick of Cinnamon for the ſtalk, and the head a Clove.

To make Call-Puddings.

Take three Marrow-bones, ſlice them; water the Marrow over night, to take away the blood. Then take the ſmalleſt of the Marrow, and put it into the Puddings, with a Peny-loaf grated,

grated, a ſpoonful of Flower, and Spice as before; a quarter of a pound of Currants; Sugar as much as you pleaſe, four Eggs, two of the whites taken away. Cream as much as will make it as ſtiff as other Puddings. Stuff the Call of Veal cut into the bigneſs of little Hogs-puddings; you muſt ſow them all to one end; and ſo fill them; then ſow up the other end, and when they are boiled, take hold of the thred, and they will all come out. You muſt boil them in half white Wine and half Water; with one large Mace, a few Currants, a ſpoonful of the Pudding ſtuff, the Marrow in whole lumps; all this firſt boiled up, then put in your Puddings, and when half boiled, put in your Marrow. One hour will boil them. Serve them up with Sippets, and no more Liquor, then will ſerve them up; you muſt put Salt in all the Puddings.

A Barley-Pudding.

Take two Ounces of Barley pick'd and waſhed; boil it in Milk, till it is tender; then let your Milk run from it; Then take half a Pint of Cream, and ſix ſpoonfuls of the boiled Barley; eight ſpoonfuls of grated bread, four Eggs, two whites taken away. Spice as you pleaſe, and Sugar and Salt as you think fit, one Marrow-bone, put in the lumps as whole as you can; Then make Puff-paſte, and rowl a thin

thin ſheet of it, and lay it in a diſh. Then take a piece of Green-citron ſliced thin, lay it all over the diſh. Then take Cream, grated bread, your Spice, Sugar, Eggs and Salt; beat all theſe very well together half a quarter of an hour, pour it on your diſh where Citron is, then cover it over with puff-paſte, and let it bake in a quick oven three quarters of an hour. Scrape Sugar on it, and ſerve it up.

A Pippin-Pudding.

Take Pippins and pare, and cut off the tops of them pretty deep. Then take out as much of your Apple as you can take without breaking your Apple, then fill your Apple with pudding-ſtuff, made with Cream, a little Sack, Marrow, Grated bread, Eggs, Sugar, Spice and Salt: Make it pretty ſtiff. Put it into the Pippins; lay the tops of the Pippins upon the Pippins again, ſtick it through with a ſtick of Cinnamon. Set as many upright in your diſh as you can: and ſo fill it up with Cream, and ſweeten it with Sugar and Mace; and ſtew them between two diſhes.

To make a baked Oatmeal-Pudding.

Take middle Oat-meal, pick it very clean, ſteep it all night in Cream, half a Pint of Oat-meal, to a quart of Cream, make your Cream ſcalding hot, before you put in your

Oat-meal, ſo cover it cloſe. Take a good handful of Penny-royal, ſhred it very ſmall, with a pound of Beef-ſuet. Put it to your Cream with half a pound of Raiſins of the Sun, Sugar, Spice, four or five Eggs, two whites away. So bake it three quarters of an hour; and then ſerve it up.

A plain Quaking-Pudding.

Take about three Pints of new morning Milk, and ſix or ſeven new laid Eggs, putting away half the whites, and two ſpoonfuls of fine-flower, about a quarter of a Nutmeg grated, and about a quarter of a pound of Sugar (more or leſs, according to your taſte,) After all theſe are perfectly mingled and incorporated together, put the matter into a fit bag, and ſo put it into boiling water, and boil it up with a quick fire. If you boil it too long, the Milk will turn to whay in the body or ſubſtance of the Pudding, and there will be a ſlimy gelly all about the outſide. But in about half an hour, it will be tenderly firm, and of an uniform conſiſtence all over. You need not put in any Butter or Marrow or Suet, or other Spice, but the ſmall proportion of Nutmeg ſet down, nor grated bread. For the Sauce, you poor upon it thickened melted Butter, beaten with a little Sack, or Orange-flower water, and Sugar; or compounded in what manner you pleaſe, as in other ſuch like Puddings.

A good Quaking Bag-Pudding.

Set a quart of good morning Milk upon the fire, having ſeaſoned it with Salt, and ſliced or grated Nutmeg. When it beginneth to boil, take it from the fire, and put into it four peny Manchets of light *French*-bread ſliced very thin (If it were *Kingſtone*-bread, which is firmer, it muſt be grated) and a lump of Sweet-butter as big as a Wall-nut, and enough Sugar to ſeaſon it; and cover the poſſnet with a plate to keep the heat in, that the bread may ſoak perfectly. Whiles this ſtandeth thus, take ten yolks of New-laid-eggs, with one White, and beat them very well with a ſpoonful or two of Milk; and when the Milk is cooled enough, pour it (with the bread in it,) into the baſon, where the beaten Eggs are, (which likewiſe ſhould firſt be ſweetned with Sugar to their proportion,) and put about three ſpoonfuls of fine flower into the compoſition, and knead them well together. If you will, you may put in a ſpoonful of Sack or Muſcadine, and Ambared Sugar, working all well together; as alſo, ſome lumps of Marrow or Suet ſhred very ſmall: but it will be very good without either of theſe. Then put this mixtion into a deep Woodden diſh (like a great Butter-box) which muſt firſt be on the inſide a little greaſed with Butter, and a little Flower ſprinkled thereon, to ſave the Pudding

from sticking to the sides of the dish. Then put a linnen cloth or handkercher over the mouth of the dish, and reverse the mouth downwards, so that you may tye the Napkin close with two knots by the corners cross, or with a strong thred, upon the bottom of the dish, then turned upwards; all which is, that the matter may not get out, and yet the boiling water get through the linnen upon it on one side enough to bake the pudding sufficiently. Put the Woodden-dish thus filled and tyed up into a great Possnet or little Kettle of boiling water. The faster it boils, the better it will be. The dish will turn and rowl up and down in the water, as it gallopeth in boiling. An hours boiling is sufficient. Then unty your linnen, and take it off, and reverse the mouth of the dish downwards into the Silver-dish you will serve it up in; wherein is sufficient melted Butter thickened with beating, and sweetened to your taste with Sugar, to serve for Sauce. You may beat a little Sack or Muscadine, or Rose, or Orange-flower-water with the Sauce; a little of any of which may also go into the Composition of the Pudding. If you put in more Flower, or more then one white of Egg to this proportion, it will binde the Pudding too close and stiff.

In plain Bag-puddings it makes them much more savoury, to put into them a little Penny-

royal

royal shreded very small, as also other sweet-Herbs. You must put in so little, as not to taste strong of them, but onely to quicken the other flat Ingredients.

Another baked Pudding.

Take a Pint and half of good Sweet-cream; set it on the fire, and let it just boil up, take a peny-Manchet, not too new, cut off the cruft, and slice it very thin, put it into a clean earthen pan, and pour the Cream upon it, and cover it very close an hour or thereabouts, to steep the bread; when it is steeped enough, take four New laid-eggs, yolks and whites, beat them with a spoonful of Rose-water, and two of Sack; grate into it half a Nutmeg, and put into it a quarter of a pound of good white-Sugar finely beaten, stir all this together with the Cream and Bread; then shred very small half a pound of good Beef-kidney-suet, and put this to the rest, and mingle them very well together with a slice or spoon; then size your dish, that you intend to bake it in, and rub the bottom of it with a little sweet-Butter; then put your pudding into it, and take the Marrow of two good bones, and stick it in lumps here and there all over your Pudding; so put it into the oven three quarters of an hour, in which time it will be well baked. Strew on it some fine Sugar, and serve it.

To make Black-Puddings.

Take a pottle of half-cut Groats; pick them clean, that there may be no husks nor foulneſs in them; then put them into a Mortar, bruiſe them a little with a Peſtle; then have ready either Milk, or freſh meat-broth boiled up, and the Oat-meal immediately put into it; It muſt be juſt ſo much as will cover it; then cover the thing cloſe that it is in, and let it ſteep twenty four hours; To this two quarts of Oat-meal, put a pint and half of blood, ſeaſon it well with Salt, and a little Pepper, and a little beaten Cloves and Mace, eight Eggs, yolks and whites, five pound of Kidney-beef-ſuet ſhred, but not too ſmall; then put in of theſe herbs; Peny-royal, Fennel, Leek-blades, Parſley, Sage, Straw-berry-leaves and Violet-leaves, equal parts, in all to the quantity of a good handful; let them be pick'd and waſhed very clean, and chop'd very ſmall, and mingled well with the former things; Then fill your Puddings.

Make ready your guts in this manner. Cleanſe them very well, when they are freſh taken out of the Hog; and after they are well waſhed and ſcowred, lay them to ſoak in fair water three days and three nights, ſhifting the water twice every day: and every time you ſhift the water, ſcour them firſt with Sater and Salt. An hour and a quarter is enough to boil them.

To preſerve Pippins in Jelly, either in quarters, or in ſlices.

Take good ſound clear Pippins, pare, quarter and coar them; then put them into a skillet of Conduit-water, ſuch a proportion as you intend to make; boil it very well: then let the liquor run from the pulp through a ſieve, without forcing, and let it ſtand till the next morning. Take Orange or Limon peel, and boil in a skillet of water, till they are tender; then rowl them up in a linnen cloth to dry the water well out of them; let them lie ſo all night. Then take of double refined and finely beaten and ſearced Sugar a pound to every pint of Pippin Liquor that ran through the ſieve, and to every pound of Sugar, and pint of liquor, put ten Ounces of Pippins in quarters or in ſlices, but cut them not too thin; boil them a little while very faſt in the Pippin-liquor, before you put in the Sugar, then ſtrew in the Sugar all over them as it boileth, till it is all in, keeping it ſtill faſt boiling, until they look very clear; by that you may know they are enough. While they boil, you muſt ſtill be ſcumming them; then put in your juyce of Limon to your laſt, and Amber, if you pleaſe; and after let it boil half a dozen walms, but no more. Then take it from the fire, and have ready ſome very thin Brown-paper, and clap a ſingle ſheet

close upon it, and if any scum remain, it will stick to the Paper. Then put your quarters or slices into your Glasses, and strew upon them very small slices of Limon or Orange (which you please) which you had before boiled; then fill up your Glasses with your jelly.

For making your Pippin-liquor, you may take about some fourty Pippins to two quarts of water, or so much as to make your Pippin-liquor strong of the Pippins, and the juyce of about four Limons.

My Lady Diana Porter's Scotch *Collops.*

Cut a leg or two of Mutton into thin slices, which beat very well. Put them to fry over a very quick fire in a pan first glased over, with no more Butter melted in it, then just to besmear a little all the bottom of the Pan. Turn them in due time. There must never be but one row in the pan, not any slice lying upon another; but every one immediate to the pan. When they are fryed enough, lay them in a hot dish covered, over a Chafing-dish, and pour upon them the Gravy that run out of them into the Pan. Then lay another row of slices in the Pan to fry as before; and when they are enough, put them into the dish to the other. When you have enough, by such repetitions, or by doing them in two or three pans, all at a time; take

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a Porrenger full of Gravy of Mutton, and put into it a piece of Butter as much a Wall-nut, and a quartered Onion if you will (or rub the dish afterwards with Garlike) and Pepper and Salt, and let this boil to be very hot; then throw away the Onion, and pour this into the dish upon the slices, and let them stew a little together; then squeese an Orange upon it, and serve it up.

A Fricacee of Veal.

Cut a leg of Veal into thin slices, and beat them; or the like with Chicken, which must be flead off their skin. Put about half a pint of water or flesh-broth to them in a frying-pan, and some Thyme, and Sweet-marjoram, and an Onion or two quartered, and boil them till they be tender, having seasoned them with Salt, and about twenty Corns of whole white Pepper, and four or five Cloves. When they are enough, take half a pint of White wine, four yolks of Eggs, a quarter of a pound of butter (or more) a good spoonful of Thyme, Sweet-Marjoram and Parsley (more Parsley then of the others) all minced small; a Porrenger full of gravy. When all these are well incorporated together over the fire, and well beaten, pour it into the pan to the rest, and turn it continually up and down over the fire, till all be well incorporated. Then throw away the Onion

and

and first sprigs of Herbs, squeese Orange to it, and so serve it up hot.

If instead of a *Fricacee*, you will make *un estuvee de veau*, stew or boil simpringly your slices of Veal in White-wine and water, *ana*, with a good lump of Butter, seasoning it with Pepper and Salt and Onions. When it is enough, put to it store of yolks of Eggs beaten with Verjuyce, or White-wine and Vinegar, and some Nutmeg (and gravy if you will) and some Herbs as in the *Fricacee*; and stir all very well over the fire till the sauce be well *lié* together.

A Tansy.

Take three pints of Cream, fourteen New-laid-eggs (seven whites put away) one pint of juyce of Spinage, six or seven spoonfuls of juyce of Tansy, a Nutmeg (or two) sliced small, half a pound of Sugar, and a little Salt. Beat all these well together, then fry it in a pan with no more Butter then is necessary. When it is enough, serve it up with juyce of Orange or slices of Limon upon it.

To Stew Oysters.

Take what quantity you will of the best Oysters to eat raw. Open them, putting all their water with the fish into a bason. Take out the Oysters one by one (that you may have them washed

washed clean in their own water) and lay them in the dish you intend to stew them in. Then let their water run upon them through a fine linnen, that all their foulness may remain behind. Then put a good great lump of Butter to them, which may be (when melted) half as much, as their water. Season them with Salt, Nutmeg, and a very few Cloves. Let this boil smartly, covered. When it is half boiled, put in some crusts of light *French*-bread, and boil on, till all be enough, and then serve them up.

You may put in three or four grains of Ambergreece, when you put in the Nutmeg, that in the boiling it may melt. You may also put in a little White-wine or Verjuyce at the last, or some juyce of Orange.

To dress Lamprey's

At *Glocester* they use Lamprey's thus. Heat water in a Pot or Kettle with a narrow mouth, till it be near ready to boil; so that you may endure to dip your hand into it, but not to let it stay in. Put your Lamprey's, as they come out of the River, into this scalding-water, and cover the pot, that little while they remain in, which must be but a moment, about an *Ave Maria* while. Then with a Woodden ladle take them out, and lay them upon a table, and hold their head in a Napkin (else it will slip

away

away, if held in the bare hand) and with the back of a knife ſcrape off the mud, which will have riſen out all along the fiſh. A great deal and very thick will come off: and then the skin will look clean and ſhining and blew, which muſt never be flead off. Then open their bellies all along, and with a Pen-knife looſen the ſtring which begins under the gall (having firſt caſt away the gall and entrails) then pull it out, and in the pulling away, it will ſtretch much in length; then pick out a black ſubſtance, that is all along under the ſtring, cutting towards the back as much as is needful for this end. Then rowl them up and down in a ſoft and dry napkin, changing this as ſoon as it is wet for another, uſing ſo many Napkins; as may make the fiſhes perfectly dry; for in that conſiſteth a chief part of their preparation. Then powder them well with Pepper and Salt, rubbing them in well, and lay them round in a Pot or ſtrong cruſt upon a good Lare of Butter, and ſtore of Onions every where about them, and chiefly a good company in the middle. Then put more Butter upon them, covering the pot with a fit cover, and ſo ſet them into a quick oven, that is ſtrongly heated; where they will require three or four hours (at leaſt) baking. When they are taken out of the oven and begin to cool, pour ſtore of melted Butter upon them, to fill up the pot at leaſt three

fingers

fingers breadth above the fiſh, and then let it cool and harden; And thus it will keep a year, if need be, ſo the Butter be not opened, nor craked, that the air get in to the fiſh.

To eat them preſently, They dreſs them thus: When they are prepared, as aboveſaid, (ready for baking) boil them with ſtore of Salt and groſs Pepper, and many Onions, in no more water, then is neceſſary to cover them, as when you boil a Carp or Pike *au Court bovillon.* In half or three quarters of an hour, they will be boiled tender. Then take them and drain them from the water, and ſerve them with thickened Butter, and ſome of the Onions minced into it, and a little Pepper, laying the fiſh upon ſome ſippets of ſpungy bread, that may ſoak up the water, if any come from the fiſh; and pour butter upon the fiſh; ſo ſerve it up hot.

To dreſs Stock fiſh, ſomewhat differingly from the way of Holland.

Beat the fiſh very well with a large Woodden-Maller, ſo as not to break it, but to looſen all the flakes within. It is the beſt way to have them beaten with hard heavy Ropes. And though thus beaten, they will keep a long time, if you put them into Peaſe-ſtraw, ſo thruſt in as to keep them from all air, and that they touch

touch not one another, but have ſtraw enough between every fiſh. When you will make the beſt diſh of them, take only the tails, and tye up half a dozen or eight of them with White-thred. Firſt, they muſt be laid to ſoak over night in cold water. About an hour and half, (or a little more) before they are to be eaten, put them to boil in a pot or Pipkin, that you may cover with a cover of Tin or Letton ſo cloſe, that no ſteam can get out; and lay a ſtone or other weight upon it, to keep the cover from being driven off by the ſteam of the water. Put in no more water, then will to cover them. They muſt never boil ſtrongly, but very leaſurely and but ſimpringly. It will be near half an hour before the water begin to boil ſo: And from their beginning to do ſo, they muſt boil a good hour. You muſt never put in any new water, though hot, for that will make the fiſh hard. After the hour, take out the fiſhes, and untie them, and lay them looſe in a colander with holes to drain out the water, and toſs them in it up and down very well, as you uſe to do Butter and Peaſe; and that will looſen and break aſunder all the flakes, which will make them the more ſuſceptible of the Butter, when you ſtew them in it, and make it pierce the better into the flakes, and make them tender. Then lay them by thin rows in the diſh, they are to be ſerved up in: caſting upon every

row

row a little ſalt, and ſome green Parſley minced very ſmall. They who love young-green Onions or ſives, or other ſavory Herbs, or Pepper, may uſe them alſo in the ſame manner, when they are in ſeaſon. When all is in, fill up with ſweet Butter well melted and thickened; and ſo let it ſtew there a while, to ſoak well into the fiſh; which will lie in fine looſe tender flakes, well buttered and ſeaſoned. You may eat it with Muſtard beſides.

Buttered whitings with Eggs.

Boil Whitings as if you would eat them in the Ordinary way with thick Butter-ſauce. Pick them clean from skin and bones, and mingle them well with butter, and break them very ſmall, and ſeaſon them pretty high with Salt. In the mean time Butter ſome Eggs in the beſt manner, and mingle them with the buttered Whitings, and maſh them well together. The Eggs muſt not be ſo many by a good deal as the Fiſh. It is a moſt ſavoury diſh.

To dreſs Poor-john and Buckorn.

The way of dreſſing Poor-john, to make it very tender and good meat, is this. Put it into the Kettle in cold water, and ſo hang it over the fire; and ſo let it ſoak and ſtew without boiling for 3 hours: but the water muſt be very hot. Then make it boil two or three walms.

By

By this time it will be very tender and ſwelled up. Then take out the back-bone, and put it to fry with Onions. If you put it firſt into hot water (as ling and ſuch ſalt fiſh,) or being boiled, if you let it cool, and heat it again it will be tough and hard.

Buckorne is to be watered a good hour before you put it to the fire. Then boil it till it be tender, which it will be quickly. Then Butter it as you do Ling; and if you will, put Eggs to it.

The way of dreſſing Stock-fiſh in Holland.

Firſt beat it exceedingly well, a long time, but with moderate blows, that you do not break it in pieces, but that you ſhake and looſen all the inward Fibers. Then put it into water (which may be a little warmed) to ſoak, and infuſe ſo during twelve or fourteen hours (or more, if it be not yet pierced into the heart by the water, and grown tender.) Then put it to boil very gently, (and with no more water, then will to cover it, which you muſt ſupply with new hot water as it conſumeth) for ſix or ſeven hours at leaſt, that it may be very tender and looſe and ſwelled up. Then preſs and drain out all the water from it; and heat it again in a diſh, with ſtore of melted Butter thickened; and if you like it, you may ſeaſon it

it alſo with Pepper and Muſtard. But it will be yet better, if after it is well and tender boiled in water, and that you have preſſed all the water you can out of it, you boil it again an hour longer in Milk; out of which when you take it, to put it into the diſh with butter, you do not induſtriouſly preſs out all the Milk, as you did the water, but only drain it out gently, preſſing it moderately. In the ſtewing it with butter, ſeaſon it to your taſte, with what you think fitting.

Another way to dreſs Stock-fiſh.

Beat it exceeding well with a large woodden Maller, till you may eaſily pluck it all in pieces, ſevering every flake from other, and every one of them in it ſo being looſe, ſpungy and limber, as the whole fiſh muſt be, and plyant like a glove, which will be in leſs then an hour. Pull then the bones out, and throw them away, and pluck off the skin (as whole as you can; but it will have many breaches and holes in it, by the beating) then gather all the fiſh together, and lap it in the skin as well as you can, into a round lump, like a bag-pudding, and tye it about with cords or ſtrings (like a little Collar of Brawn, or ſouced fiſh) and ſo put it into luke warm water (overnight) to ſoak, covering the veſſel cloſe; but you need not keep it near any heat whiles it lyeth ſoaking. Next morning

take it out that water and veſſel, and put it into another, with a moderate quantity of other water, to boil; which it muſt do very leiſurely, and but ſimpringly. The main care muſt be, that the veſſel it boileth in, be covered ſo exceeding cloſe, that not the leaſt breath of ſteam get out, elſe it will not be tender, but tough and hard. It will be boiled enough, and become very tender in about a good half hour. Then take it out, unty it, and throw away the skin, and lay the flaky fiſh in a Cullender, to drain away the water from it. You muſt preſently throw a little Salt upon it, and all about in it, to ſeaſon it. For then it will imbibe it into it ſelf preſently; whereas if you Salt it not, till it grow cold in the air, it will not take it in. Mean while prepare your ſauce of melted well thickened butter (which you may heighten with ſhreded Onions or Syves, or what well taſted herbs you pleaſe) and if you will, you may firſt ſtrew upon the fiſh ſome very ſmall ſhreded young Onions, or Sibbouls, or Syves, or Parſley. Then upon that pour the melted butter to cover the fiſh all over, and ſoak into it. Serve it in warm and covered.

To dreſs Parſneps.

Scrape well three or four good large roots, cleanſing well their outſide, and cutting off as much

much of the little end as is Fibrous, and of the great end as is hard. Put them into a posnet or pot, with about a quart of Milk upon them, or as much as will cover them in boiling, which do moderately, till you find they are very tender. This may be in an hour and half, sooner or later, as the roots are of a good kind. Then take them out, and scrape all the outside into a pulpe, like the pulpe of roasted apples, which put in a dish upon a chafing dish of Coals, with a little of the Milk, you boiled them in, put to them; not so much as to drown them, but only to imbibe them: and then with stewing, the pulpe will imbibe all that Milk. When you see it is drunk in, put to the pulpe a little more of the same Milk, and stew that, till it be drunk in. Continue doing thus till it hath drunk in a good quantity of the Milk, and is well swelled with it, and will take in no more, which may be in a good half hour. Eat them so, without Sugar or Butter; for they will have a natural sweetness, that is beyond sugar, and will be Unctuous, so as not to need Butter.

Parsneps (raw) cut into little pieces, is the best food for tame Rabets, and makes them sweer. As Rice (raw) is for tame Pigeons, and they like it best, varying it sometimes with right tares, and other seeds.

Cream with Rice.

A very good Cream to eat hot, is thus made. Into a quart of ſweet Cream, put a ſpoonful of very fine powder of Rice, and boil them together ſufficiently, adding Cinnamon, or Mace and Nutmeg to your liking. When it is boiled enough take it from the fire, and beat a couple of yolks of new-laid Eggs, to colour it yellow. Sweeten it to your taſte. Put bread to it, in it's due time.

Grewel of Oat-meal and Rice.

Doctor *Pridion* ordered my Lord *Cornwallis* for his chief diet in his looſeneſs, the following grewel, which he found very taſteſull.

Take about two parts of Oat-meal well beaten in a Mortar, and one part of Rice in ſubtile powder. Boil theſe well in water, as you make water-grewel, adding a good proportion of Cinnamon to boil alſo in due time, then ſtrain it through a cloth, and ſweeten it to your taſte.

The yolk of an Egg beaten with a little Sherry-ſack, and put to it, is not bad in a looſeneſs. At other times you may add Butter. It is very taſteful and nouriſhing.

Sauce

Sauce for a Carp or Pike.

To butter Peaſe.

Take two or three ſpoonfuls of the Liquor the Carp was boiled in, and put it into a pipkin; There muſt be no more, then even to cover the bottom of the pipkin. Make this boil by it ſelf; as ſoon as it doth ſo, put to this half a pound of ſweet butter, let it melt gently, or ſuddenly, it imports not, ſo as the liquor boiled, when you did put the butter in; when the butter is melted, then take it from the fire, and holding the handle in your hand, ſhake it round a good while and ſtrongly, and it will come to be thick, that you may almoſt cut it with a Knife. Then ſqueeſe juyce of Limon into it, or of ſharp Orange, or Verjuyce or Vinegar; and heat it again as much as you pleaſe upon the fire. It will ever after continue thick, and never again, upon any heating, grow oily, though it be cold and heated again twenty times. Butter done with fair water, as is ſaid above, with the other Liquor, will be thick in the ſame manner, (for the liquors make no difference in that:)

Put of this butter to boiled Peaſe in their diſh, which cover with another; ſo ſhake them very ſtrongly, and a good while together. This is by much the beſt way to butter peaſe, and

not to let the butter melt in the middle of them, and then ſtir them long with a ſpoon. This will grow Oily (though it be good at the firſt doing) if you heat them again: The other, never; and therefore, is the beſt way upon all occaſions to make ſuch thickned melted Butter. You may make ſauce for a Pike in the ſame manner you did for a Carpe; putting Horſe-radiſh to it if you pleaſe.

A Herring-Pye.

Put great ſtore of ſliced Onions, with Currants and Raiſins of the Sun both above and under the Herrings, and ſtore of Butter, and ſo bake them.

A Syllabub.

Take a reaſonable quantity (as about half a Porrenger full) of the Syrup, that hath ſerved in the making of dryed plums; and into a large Syllabub-pot-milk or ſquirt, or let fall from high a ſufficient quantity of Milk or Cream. This Syrup is very quick of the fruit, and very weak of Sugar; and therefore makes the Syllabub exceeding well taſted. You may alſo uſe the Syrup uſed in the like manner in the drying of Cherries.

Butter and Oil to fry Fiſh.

The beſt Liquor to fry Fiſh in, is to take Butter and Salet Oyl, firſt well clarified together. This hath not the unſavoury taſte of Oyl alone, nor the blackneſs of Butter alone. It fryeth Fiſh criſp, yellow, and well taſted.

To prepare Shrimps for dreſſing.

When you will Butter Shrimps, firſt waſh them well in warm Milk and Water equally mingled together, and let them ſoak a little in it; then waſh them again in freſh Milk and Water warmed, letting them alſo ſoak therein a while. Do this twice or thrice with freſh Milk and Water. This will take away all the rankneſs and ſlimyneſs of them. Then Butter them, or prepare them for the table, as you think fit.

Toſts of Veal.

My Lady *Luſſon* makes thus her plain toſts of kidney of Veal: Cut the kidney with all the fat about it, and a good piece of the lean fleſh beſides. Haſh all this as ſmall as you can. Put to it a quarter of a pound of picked and waſhed Currants, and as much Sugar, one Nutmeg grated, four yolks and two whites of new-laid Eggs raw; work all theſe very well together,

ſeaſoning it with Salt. Spread it thick upon ſlices of light white-bread cut like toſts. Then fry them in Butter, ſuch quantity as may boil over the tops of the toſts.

To make Muſtard.

The beſt way of making Muſtard is this: Take of the beſt Muſtard-ſeed (which is black) for example a quart. Dry it gently in an oven, and beat it to ſubtle powder, and ſearſe it. Then mingle well ſtrong Wine-vinegar with it, ſo much that it be pretty liquid, for it will dry with keeping. Put to this a little Pepper beaten ſmall (white is the beſt) at diſcretion, as about a good pugil, and put a good ſpoonful of Sugar to it (which is not to make it taſte ſweet, but rather quick, and to help the fermentation) lay a good Onion in the bottom, quartered if you will, and a Race of Ginger ſcraped and bruiſed; and ſtir it often with a Horſe-radiſh root cleanſed, which let always lie in the pot, till it have loſt it's vertue, then take a new one. This will keep long, and grow better for a while. It is not good till after a month, that it have fermented a while.

Some think it will be the quicker, if the ſeed be ground with fair water, in ſtead of vinegar, putting ſtore of Onions in it.

My Lady *Holmeby* makes her quick fine Muſtard thus: Chooſe true Muſtard-ſeed; dry it

it in an oven, after the bread is out. Beat and ſearſe it to a moſt ſubtle powder. Mingle Sherry-ſack with it (ſtirring it a long time very well, ſo much as to have it of a fit conſiſtence for Muſtard. Then put a good quantity of fine Sugar to it, as five or ſix ſpoonfuls, or more, to a pint of Muſtard. Stir and incorporate all well together. This will keep good a long time. Some do like to put to it a little (but a little) of very ſharp Wine-vinegar.

To make a White-pot.

Boil three pints of ſweet Cream, with a very little Salt and ſome ſliced Nutmeg. As ſoon as it begins to boil, take it from the fire. In the mean time beat the yolks of twelve or fifteen new-laid Eggs very well with ſome Roſe or Orange-flower-water, and ſweeten the Cream to your taſte with Sugar. Then beat three or four ſpoonfuls of Cream with them, and quickly as many more; ſo proceeding, till you have incorporated all the Cream and all the Eggs. Then pour the Eggs and Cream into a deep diſh laid over with ſippets of fine light bread, which will riſe up to the top for the moſt part. When it is cooled and thickened enough to bear Raiſins of the Sun, ſtrew all over the top with them (well-waſhed.) Then preſs a little way into it with great lumps of raw Marrow. Two bones will ſuffice. Cover

your

your diſh with another, and ſet it upon a great pot of boiling water, with a good ſpace between the water and the diſh, that there be room for the hot ſteam to riſe and ſtrike upon the diſh. Keep good fire always under your pot. In leſs then an hour (uſually) it is baked enough. You will perceive that, if the Marrow look brown, and be enough baked. If it ſhould continue longer on the heat, it would melt. You may bake it in an oven if you will; but it is hard to regulate it ſo, that it be not too much or too little: whereas the boiling water is certain. You may ſtrew Ambred Sugar upon it, either before you ſet it to bake, or after it is done.

For roſting of Meat.

To roſt fine meat (as Partridge, Pheaſant, Chicken, Pigeon) that it be full of juyce; baſte it as ſoon as it is through hot, and time to baſte, with Butter. When it is very moiſt all over, ſprinkle flower upon it every where, that by turning about the fire, it may become a thin cruſt. Then baſte it no more till the latter end. This cruſt will keep in all the juyce. A little before you take it up, baſte it again with Butter, and this will melt away all the cruſt. Then give it three or four turns of the ſpit, that it may make the outſide yellow and criſp.

You may alſo baſte ſuch meat with yolks of new-

new-laid Eggs, beaten into a thin oyl. But with this you continue baſting all the while the meat roſteth.

To ſtew a Rump of Beef.

Take a rump of Beef, break all the bones; ſeaſon it with Pepper and Salt to your liking; Take three or four Nutmegs, and a quantity of Mace, beat them groſsly; Then take a bunch of very good ſweet herbs, and one good Onion cut in quarters, or Garlike, as you like it. Put in half a pint of White-wine Vinegar, and one pint of good Claret, one handful of Sugar; and a piece or two of beef Suet or Butter: ſhred ſome Cabbage under and over, and ſcrape in a pound of good old Cheeſe. Put all theſe into an earthen pot, and let it ſtand in an oven with brown-bread four or five hours; but let the pot be covered cloſe with paſte.

To ſtew a Rump of Beef.

Take a fat rump of young Beef, as it comes from the Butcher, and take out all the bones, excepting the tip of it towards the tail that is all fat, which you cannot take out, without ſpoiling or defacing or breaking it. But take out all the thick bones towards the Chine, and the thick Sinews, that are on the outer ſides of the fleſh; (which will never become tender with boiling) ſo that you have nothing but the

the pure flesh and fat, without any bony or tough substance. Then beat well the lean part with a woodden roling pin, and when you have beaten well one side, turn the other. Then rub it well with Pepper grosly beaten, and salt; just as you would do, to season a Venison pasty, making the seasoning higher or gentler according to your taste. Then lay it in a fit vessel, with a flat bottom (pipkin or kettle as you have conveniency) that will but just contain it, but so that it may lye at ease. Or you may tye it up in a loose thin linnen cloth, or boulter, as they do Capons *à la mode*, or Brawn, or the like. Then put water upon it, but just to cover it, and boil it close covered a matter of two hours pretty smartly, so that it be well half boiled. Then take it out of that, and put it into another fit vessel, or the same cleansed, and put upon it about two quarts of good strong deep well bodied Claret-wine, and a good bundle of sweet-herbs, (Penny-royal, Sweet-Marjoram, Winter-savory, Limon Thyme, &c.) and a good large Onion peeled, and stuck as close with Cloves, as you can stick it, if you like the taste of Onions. They must be the strong biting Onions, that are round and red: a little Nutmeg, and some Mace. Put to the wine about a pint of the Liquor that you have already boiled the Beef in; and if you would have it strong of the seasoning of Pepper, and Salt;

Salt; take the bottom of this Liquor. Thus let it boil very gently, ſimpringly, or rather ſtew with Char-coal over a little furnace, or a fit Chafing-diſh, a matter of three hours, cloſe covered. If the Liquor waſte too much, you may recruit it with what you have kept of that, which your beef was boiled in. When it is near time to take it up, ſtew ſome Oyſters in their own Liquor (to which you may add at the latter end, ſome of the winy Liquor, that the Beef is now ſtewing in, or ſome of the firſt Beef-broth, or uſe ſome good pickled Oyſters) and at the ſame time make ſome thin toſtes of *Kingſtone* manchet, which toſte very leiſurely, or rather dry them throughly, and very hard, and Criſp, but not burned, by lying long before the fire. And if you have freſh Champignons, dreſs a good diſh full of them, to be ready at the ſame time, when all the reſt is ready; If not, uſe pickled ones, without further dreſſing. When you find your Beef is as tender as can be, and will ſcacely hold together, to be taken up together, and that all the other things are ready, lay the toſtes in the diſh, where the Beef is to lye; pour ſome of the Liquor upon it. Then lay the Beef upon the toſts; throw away the bundle of Herbs and Onions; and pour the reſt of the Liquor upon the Beef, as alſo the Oyſters, and the Muſhrooms, to which add a pretty deal, about half a pint of Broom-buds:

buds: and ſo let it ſtand a while well covered over coals to Mittoner; and to have all the ſeveral ſubſtances communicate their taſtes to one another, and to have the toſtes ſwell up like a gelly. Then ſerve it up. If you want Liquor, you may ſtill recruit your ſelf out of the firſt Beef-broth, which you keep all to ſupply any want afterwards. Have a care, whiles it is ſtewing, in the Winy-liquor, to lift the fleſh ſometimes up from the bottom of the veſſel, leaſt if it ſhould lye always ſtill, it may ſtick to the bottom, and burn; but you cannot take it out, for it would fall in pieces. It will be yet better meat, if you add to it, at the laſt (when you add all the other heightnings) ſome Marrow, and ſome Cheſnuts, and ſome Piſtachios, if you will. Put to your Broom-buds (before you put them in to the reſt) ſome elder Vinegar, enough to ſoak them, and even to cover them. If you find this make your compoſition of the whole too ſharp, you may next time take leſs. When you put the Beef to ſtew with the wine (or a while after) you may put to it a pretty quantity (as much as you can take in both hands at once) of ſhreded Cabbage, if it be the ſeaſon; or of Turneps, if you like either of theſe. Carrots make it ſomewhat flat. If the wine be not quick enough, you may put a little elder Vinegar to it. If you like Garlike, you may put in a little, or rub the diſh with it.

Pickled

Pickled Champignons.

Champignons are beſt, that grow upon gravelly dry riſing Grounds. Gather them of the laſt nights growth; and to preſerve them white, it is well to caſt them into a pitcher of fair-water, as you gather them: But that is not abſolutely neceſſary, if you will go about dreſſing them as ſoon as you come home. Cut the great ones into halves or quarters, ſeeing carefully there be no worms in them; and peel off their upper skin on the tops: the little ones, peel whole. As you peel them, throw them into a baſon of fair-water, which preſerves them white. Then put them into a pipkin or poſnet of Copper (no Iron) and put a very little water to them, and a large proportion of Salt. If you have a pottle of Muſhrooms, you may put to them ten or twelve ſpoonfuls of water, and two or three of Salt. Boil them with pretty quick-fire, and ſcum them well all the while, taking away a great deal of foulneſs, that will riſe. They will ſhrink into a very little room. When they are ſufficiently parboiled to be tender, and well cleanſed of their ſcum, (which will be in about a quarter of an hour,) take them out, and put them into a Colander, that all the moiſture may drain from them. In the mean time make your pickle thus: Take a quart of pure ſharp white Wine Vinegar (elder-

Vinegar

Vinegar is beſt) put two or three ſpoonfuls of whole Pepper to it, twenty or thirty Cloves, one Nutmeg quartered, two or three flakes of Mace, three Bay-leaves; (ſome like Limon-Thyme and Roſe-mary; but then it muſt be a very little of each) boil all theſe together, till the Vinegar be well imprægnated with the Ingredients, which will be in about half an hour. Then take it from the fire, and let it cool. When the pickle is quite cold, and the Muſhrooms alſo quite cold, and drained from all moiſture: put them into the Liquor (with all the Ingredients in it) which you muſt be ſure, be enough to cover them. In ten or twelve days, they will have taken into them the full taſte of the pickle, and will keep very good half a year. If you have much ſupernatant Liquor, you may parboil more Muſhroms next day, and put them to the firſt. If you have not gathered at once enough for a dreſſing, you may keep them all night in water to preſerve them white, and gather more the next day, to joyn to them.

To ſtew Wardens or Pears.

Pare them, put them into a Pipkin, with ſo much Red or Claret-Wine and water, *ana*, as will near reach to the top of the Pears. Stew or boil gently, till they grow tender, which may be in two hours. After a while, put in ſome ſticks of Cinnamon bruiſed and a few Cloves.

When

When they are almoſt done, put in Sugar enough to ſeaſon them well and their Syrup, which you pour out upon them in a deep Plate.

To ſtew Apples.

Pare them and cut them into ſlices. Stew them with Wine and Water as the Pears, and ſeaſon them in like manner with Spice. Towards the end ſweeten them with Sugar, breaking the Apples into Pap by ſtirring them. When you are ready to take them off, put in good ſtore of freſh-butter, and incorporate it well with them, by ſtirring them together. You ſtew theſe between two diſhes. The quickeſt Apples are the beſt.

Portuguez Eggs.

The way that the Counteſs *de Penalva* makes the *Portuguez* Eggs for the Queen, is this. Take the yolks (clean picked from the whites and germ) of twelve new-laid Eggs. Beat them exceedingly with a little (ſcarce a ſpoonful) of Orange-flower-water. When they are exceeding liquid, clear, and uniformly a thin Liquor, put to them one pound of pure double refined Sugar (if it be not ſo pure, it muſt be clarified before) and ſtew them in your diſh or baſon over a very gentle fire, ſtirring them continually, whiles they are over it, ſo that the

whole may become one uniform ſubſtance, of the conſiſtence of an Electuary (beware they grow not too hard; for without much caution and attention, that will happen on a ſudden) which then you may eat preſently, or put into pots to keep. You may diſſolve Ambergreece (if you will, ground firſt very much with Sugar) in Orange-flower or Roſe-water, before hand, and put it (warm and diſſolved) to the Eggs, when you ſet them to ſtew. If you clarifie your Sugar, do it with one of theſe waters, and whites of Eggs. The flavor of theſe ſweet-waters goeth almoſt all away with boiling. Therefore half a ſpoonful put into the compoſition, when you take it from the fire, ſeaſoneth it more then ten times as much, put in at the firſt.

To boil Eggs.

A certain and infallible method to boil new-laid Eggs to ſup up, and yet that they have the white turned to milk, is thus: Break a very little hole, at the bigger end of the ſhell, and put it into the water, whiles it boileth. Let it remain boiling, whiles your Pulſe beateth two hundred ſtroaks. Then take it out immediately, and you will find it of an exact temper: others put Eggs into boyling water juſt as you take it from the fire, and let them remain there, till the water be ſo cooled,

that

that you may just put in your hand, and take out the Eggs.

Others put the Eggs into cold water, which they set upon the fire, and as soon as the water begins to boil, the Eggs are enough.

To make clear Gelly of Bran.

Take two pound of the broadest open Bran of the best Wheat, and put it to infuse in a Gallon of Water, during two or three days, that the water may soak into the pure flower, that sticks to the bran. Then boil it three or four walms, and presently take it from the fire, and strain it through some fine strainer. A milky substance will come out, which let stand to settle about half a day. Pour off the clear water, that swimmeth over the starch or flomery, that is in the bottom (which is very good for Pap, &c.) and boil it up to a gelly, as you do Harts-horn gelly or the like, and season it to your taste.

To bake Venison.

Boil the bones (well broken) and remaining flesh of the Venison, from whence the meat of the Pasty is cut, in the Liquor, wherein Capons and Veal, or Mutton have been boiled, so to make very strong broth of them. The bones must be broken, that you may have the Marrow of them in the Liquor; and they must

ſtew a long time (covering the pot cloſe:) that you may make the broth as ſtrong as you can; and if you put ſome gravy of Mutton or Veal to it, it will be the better. When the Paſty is half baked, pour ſome of this broth into it, by the hole at the top; and the reſt of it, when it is quite baked, and wanteth but ſtanding in the oven to ſoak. Or put it all in at once, when the Paſty is ſufficiently baked, and afterwards let it remain in the oven a good while ſoaking.

You may bake the bones (broken) with the broth and gravy, or for want thereof, with only water in an earthen pot cloſe ſtopped, till you have all the ſubſtance in the Liquor; which you may pour into the Paſty an hour before it is baked enough.

If you are in a Park, you may ſoak the Veniſon a night in the blood of the Deer; and cover the fleſh with it, clotted together when you put it in paſte. Mutton blood alſo upon Veniſon, is very good. You may ſeaſon your blood a little with Pepper and Salt.

To bake Veniſon to keep.

After you have boned it, and cut away all the ſinews, then ſeaſon it with Pepper and Salt pretty high, and divide a Stag into four pots; then put about a pound of Butter upon the top of each pot; and cover it with Rye-paſt pretty thick.

thick. Your oven must be so hot, that after a whole night it may be baked very tender, which is a great help to the keeping of it. And when you draw it, drain all the Liquor from it, and turn your pot upon a pie-plate, with the bottom upwards, and so let it stand, until it is cold; Then wipe your pot, that no gravy remain therein, and then put your Venison into the same pot again; then have your Butter very well clarified, that there be no dross remaining; Then fill up your pot about two Inches above the meat with Butter, or else it will mould. And so the next day binde it up very close, with a piece of sheeps Leather so that no air can get in. After which you may keep it as long as you please.

Master *Adrian May* put's up His Venison in pots, to keep long, thus: Immediatly as soon as He hath killed it, he seasoneth and baketh it as soon as He can, so that the flesh may never be cold. And this maketh that the fat runneth in among the lean, and is like calvered Salmon, and eats much more mellow and tender. But before the Deer be killed, he ought to be hunted and chafed as much as may be. Then seasoned and put in the oven before it be cold. Be sure to pour out all the gravy, that settleth to the bottom, under the flesh after the baking, before you put the Butter to it, that is to lie very thick upon the meat, to keep it all the year.

About making of Brawn.

It must be a very large oven, that so it may contract the stronger heat, and keep it the longer. It must be at least eight hours heating with wood, that it be as hot as is possible. If the Brawn be young, it will suffice eight hours or a little more in the oven. But if old, it must be ten or eleven. Put but two Collars into each pot, for bigger are unwieldy. Into every pot, put twelve corns of whole Pepper, four Cloves, a great Onion peeled and quartered, and two bay-leaves, before you put them into the oven. Before they are set in, you do not fill them with water to the top, least any should spill in sliding them in; but fill them up by a bowl fastned to a long Pole. No water must be put in, after the oven is closed (nor the oven ever be opened, till after all is throughly baked) and therefore you must put in enough at first to serve to the last; you must rowl your Collars as close as may be, that no air may be left in the folds of them: and sow them up in exceeding strong cloth, which a strong man must pull as hard as He can in the sowing. Their cloths must not be pulled off, till the Collars have been three or four days out of the oven, least you pull off part of the Brawn with them. You may put the same proportion of Pepper, Cloves, &c. Into the Souce-drink as you did in the baking them;

them; which at either time (especially at first) give them a fine taste. The Souce-drink is made of six shillings Beer, and *Thames* or River-water, of each an equal quantity, well boiled with Salt. When boiled and cold, put in to it two or three quarts of skimmed Milk, only to colour it; and so change it once in three Weeks. Tender Brawn sliced thin, and laid Sallet-wise in a dish as the sliced Capon, and seasoned with Pepper, Salt and Vinegar and Oyl, with a little Limon, is a very good Sallet.

Sallet of cold Capon rosted.

It is a good Sallet, to slice a cold Capon thin; mingle with it some Sibbolds, Lettice, Rocket and Tarragon sliced small. Season all with Pepper, Salt, Vinegar and Oyl, and sliced Limon. A little Origanum doth well with it.

Mutton baked like Venison, soaking either in their blood.

Take a large fat loin of Mutton (or two) boned after the manner of Venison. Season it well to your taste with Pepper and Salt. Then lay it to steep all night in enough of the sheep's blood, to cover it over, and soak well into it. Then lay it into the past, with all the clorted thick blood, under it, upon it, and hanging about it. You may season the blood with Pepper and Salt, before you lay the meat in it. But

though you do not, it will not be amiss, so as the meat be seasoned high enough. Then bake it as you do an ordinary Pasty; and you may put gravy of Mutton or strong broth into it. You may do it in a dish with past; as My Lady of *Newport* doth Her Venison. This way of steeping in blood before you bake it, is very good also for Venison.

To make an excellent Hare-pye.

Hash the flesh of as many Hares, as you please, very small. Then beat them strongly in a Mortar into a Paste, which season duly with Pepper and Salt. Lard it throughly all over with great Lardons of Lard well rowled in Pepper and Salt. Put this into a straight earthen pot, to lye close in it. If you like Onions, you may put one or two quartered into the bottom of the Pot. Put store of Sweet-butter upon the meat, and upon that, some strong red Claret-wine. Cover the pot with a double strong brown paper, tyed close about the mouth of it. Set it to bake with houshold-bread, (or in an oven, as a Venison pasty) for eight or ten hours. Then take out the pot, and thence the meat, and pour away all the Liquor, which let settle. Then take all the congealed Butter, and clarifie it well. Put your meat again into the pot, and put upon it your clarified Butter, and as much more as is necessary. And I believe the putting

putting of Claret-wine to it now is better, and to omit it before. Bake it again, but a leſs while. Pour out all the Liquor, when it is baked, and clarifie the Butter again, and pour it upon the meat, and ſo let it cool; The Butter muſt be at leaſt two or three fingers breadth over the meat.

To bake Beef.

Bone it, and beat it exceeding well on all ſides, with a roling pin, upon a table. Then ſeaſon it with Pepper and Salt, (rubbing them in very well) and ſome Parſley, and a few Sweet herbs (Penny-royal, Winter-ſavoury, Sweet-marjoram, Limon Thyme, Red-ſage, which yet to ſome ſeems to have a Phyſical taſte) an Onion if you will. Squeeſe it into the pot as cloſe as you can. Put Butter upon it, and Claret-wine, and covered all as above. Bake it in a ſtrong oven eight or ten hours. Take it out of the oven, and the meat out of the pot, which make clean, from all ſettlings; and ſqueeſe all the juyce from it (even by a gentle preſs.) Then put it in again hard preſſed into the pot. Clarifie the Butter, that you poured with the Liquor from the meat out of the pot; and pour it again with more freſh, to have enough to cover it two or three fingers thick.

To bake Pidgeons, (which are thus excellent, and will keep a quarter of a year) or Teals, or Wild-ducks.

Season them duly with Pepper and Salt; then lay them in the pot, and put store of Butter, and some Claret-wine to them. Cover and bake as above: but a less while according to the tenderness of the meat. In due time take out your pot, and your birds out of it, which press not, but only wipe off the Liquor. Pour it out all. Clarifie the Butter; put in the birds again, and the clarified butter, and as much more as needs (all melted) upon them, and let it cool. You may put a few Bay-leaves upon any of these baked meats, between the meat and the Butter.

Green Geese-Pye.

An excellent cold Pye is thus made. Take two fat Green-geese; bone them, and lay them in paste one upon the other, seasoning them well with Pepper and Salt, and some little Nutmeg, both above and below and between the two Geese. When it is well-baked and out of the oven, pour in melted Butter at a hole made in the top. The crust is much better than of a Stubble-goose.

To boil Beef or Veniſon tender and ſavoury.

The way to have Beef tendereſt, ſhort and beſt boiled, as my Lord of Saint *Alban's* uſeth it, is thus. Take a rump or briſket of beef; keep it without ſalt as long you may, without danger to have it ſmell ill. For ſo it groweth mellow and tender, which it would not do, if it were preſently ſalted. When it is ſufficiently mortified, rub it well with Salt; let it lie ſo but a day and a night, or at moſt two nights and a day. Then boil it in no more water then is neceſſary. Boil it pretty ſmartly at firſt, but afterwards but a ſimpring or ſtewing boiling, which muſt continue ſeven or eight hours. Sometimes he boileth it half over night, and the reſt next morning. If you ſhould not have time to Salt it, you may ſupply that want thus; When the Beef is through boiled, you may put ſo much Salt into the pot as to make the broth like brine, and then boil it gently an hour longer; or take out the Beef, and put it into a deep diſh, and put to it ſome of his broth made brine, and cover it with another diſh, and ſtew it ſo an hour. A hanch of Veniſon may be done the ſame way.

To bake Wilde-Ducks or Teals.

Season your Duck and Teal with Pepper and Salt, both within and without, so much as you think may season them; then crack their bones with a roling pin; then put them into an earthen pot close, and cover them with Butter, and bake them in an oven as hot as for bread, and let them stand three or four hours; when you take them out of the oven, pour out all the Liquor from them, then melt so much Butter as will cover them; when you have melted your Butter, let it stand a while, until all the dross be settled to the bottom, and put in the clear Butter, which must cover the Fowl.

To season Humble-Pyes: and to Rost Wilde-Ducks.

Bake Humble-Pyes without chapping them small in a Pye, seasoned with Pepper and Salt, adding a pretty deal of Parsley, a little sweet-marjoram and Savoury, and a very little Thyme.

Rost wilde Ducks putting into their Bellies some Sage and a little Onion (both well shreded) wrought into a lump with butter, adding a little Pepper and Salt. And let their sauce be a little gravy of Mutton, to enlarge the seasoned gravy, that comes from the Ducks when they are cut up.

To

To ſouce Turkeys.

Take a good fat Turkey or two; dreſs them clean, and bone them; then tye them up in the manner of Sturgeon with ſome thing clean waſhed. Take your kettle, and put into it a pottle of good White-wine, a quart of Water, and a quart of Vinegar; make it boil, and ſeaſon it with Salt pretty well. Then put in your Turkeys, and let them boil till they be very tender. When they are enough boiled, take them out, and taſte the Liquor; if it be not ſharp enough, put more Vinegar, and let it boil a little; then put it into an earthen pot, that will hold both Turkeys. When it is cold enough, and the Turkeys through-cold, put them into the Liquor in the Pot, and be ſure they be quite covered with the Liquor; Let them lye in it three weeks or a month; Then ſerve it to the table, with Fennel on it, and eat it with elder Vinegar.

You may do a Capon or two put together in the ſame manner: but firſt larding it with great Lardons rowled in Pepper and Salt. A ſhorter time lying in the pickle will ſerve.

An Excellent Meat of Gooſe or Turkey.

Take a fat Gooſe, and Powder it with Salt eight or ten days; Then boil it tender, and put it

it into pickle, like Sturgeon-pickle. You may do the like with a very fat Turkey; but the best pickle of that is, the *Italian Marinating*, boiling Mace, Nutmeg, &c. in it. You may boil Garlick in the belly of the fouls, if you like it, or in the pickle.

To pickle an old fat Goose.

Cut it down the back, and take out all the bones; Lard it very well with green Bacon, and season it well with three quarters of an Ounce of Pepper; half an Ounce of Ginger; a quarter of an Ounce of Cloves, and Salt as you judge proportionable; a pint of white wine and some Butter. Put three or four Bay-leaves under the meat, and bake it with Brown-bread, in an earthen pot close covered, and the edges of the cover closed with Paste. Let it stand three or four days in the pickle; then eat it cold with Vinegar.

About ordering Bacon for Gambons, and to keep.

At *Franckfort* they use the following cautions about the Bacon, they salt for Gambons or sides to keep. The best is of male Hogs of two year old, that have been gelt, when they were young. They kill them in the wan of Moon, from a day or two after the full, till the last quarter. They fetch off their hair with warm-water, not by

by burning (which melteth the fat, and maketh it apt to grow reſty) and after it hath lain in the open air a full day, they ſalt it with dry Salt, rubbing it in well: Then lay what quantity you will in a tub for ſeven or eight days (in which time the Salt diſſolveth to water) then take it out, and wipe it dry, and hang it in a room, where they keep fire, either on a hearth, or that ſmoak cometh out of a ſtove into the room (as moſt of thoſe rooms do ſmoak) but hang them not in the Chimney, that the hot ſmoak ſtriketh upon them; but if you have a very large Chimney, hang them pretty high and aſide, that the ſmoak may not come full upon them. After a while, (when they are dry) take them thence, and hang them from the ſmoak in a dry warm room. When the weather groweth warm as in *May*, there will drop from them a kinde of melted oyly greaſe, and they will heat, and grow reſty, if not remedied. Take them down then, and lay them in a cold dry place, with hay all about them, that one may not touch another. Change the Hay every thirty, or twenty, or fifteen days, till *September*, that the weather groweth cool; then hang them up again in the free air, in a dry Chamber. If you make the ſhoulders into Gambons, you muſt have a care to cut away a little piece of fleſh within, called in *Dutch* the *Mauſe*; for if that remain in it, the Bacon will grow reſty.

To make a Tanſey.

Take Spinage, Sorrel, Tanſey, Wheat, a quart of Cream; bread (the quantity of a two peny loaf) twenty Eggs, and half the whites, one Nutmeg, half a pound of Sugar, and the juyce of a couple of Limons. Spinage is the chief herb to have the juyce; Wheat alſo is very good, when it is young and tender. You muſt not take much Sorrel, for fear of turning the Cream; but leſs Tanſey, ſo little that it may not taſte diſtinctly in the compoſition. The juyce of Limons is put in at the end of all. You may lay thin ſlices of Limon upon the Tanſey made, and Sugar upon them.

Another way.

Beat twelve Eggs (ſix whites put away) by themſelves exceeding well (two or three hours) ſometimes putting in a ſpoonful of Cream to keep them from oyling; Then mingle them well with a quart of Cream; to which put about half a pint of juyce of Spinage (as much as will make the Cream green) or of green wheat, and four ſpoonfuls of juyce of Tanſey, one Nutmeg ſcraped into thin ſlices, and half a pound of Sugar; All things exceeding well Incorporated together; Fry this with freſh butter, no more then to glaſe the Pan over, and keep the Tanſey from ſticking to the Pan.

To

To make Cheese-cakes.

Take twelve quarts of Milk warm from the Cow, turn it with a good spoonful of Runnet. Break it well, and put it into a large strainer, in which rowl it up and down, that all the Whey may run out into a little tub; when all that will is run out, wring out more. Then break the curds well; then wring it again, and more whey will come. Thus break and wring till no more come. Then work the Curds exceedingly with your hand in a tray, till they become a short uniform Paste. Then put to it the yolks of eight new laid Eggs, and two whites, and a pound of butter. Work all this long together. In the long working (at the several times) consisteth the making them good. Then season them to your taste with Sugar finely beaten; and put in some Cloves and Mace in subtile powder. Then lay them thick in Coffins of fine Paste, and bake them.

Short and Crisp crust for Tarts and Pyes.

To half a peck of fine flower, take a pound and half of Butter, in this manner. Put your Butter with at least three quarts of cold water (it imports not how much or how little the water is) into a little kettle to melt, and boil

gently: as ſoon as it is melted, ſcum off the Butter with a ladle, pouring it by ladlefuls (one a little after another, as you knead it with the flower) to ſome of the flower (which you take not all at once, that you may the better diſcern, how much Liquor is needful) and work it very well into Paſte. When all your butter is kneaded, with as much of the flower, as ſerves to make paſte of a fitting conſiſtence, take of the water that the Butter was melted in, ſo much as to make the reſt of the flower into Paſte of due conſiſtence; then joyn it to the Paſte made with Butter, and work them both very well together, of this make your covers and coffins thin. If you are to make more paſte for more Tarts or Pyes, the water that hath already ſerved, will ſerve again better then freſh.

To make Gooſe-pyes, and ſuch of thick cruſt, you muſt put at leaſt two pound of Butter to half a peck of flower. Put no more Salt to your Paſt, then what is in the Butter, which muſt be the beſt new Butter that is ſold in the Market.

To make a Cake.

Take eight wine quarts of flower; one pound of loaf Sugar beaten and ſearſed; one ounce of Mace, beat it very fine: then take thirty Eggs, fifteen whites, beat them well; then put to them

them a quart of new Ale-yeſt; beat them very well together, and ſtrain them into your flower; then take a pint of Roſewater, wherein ſix grains of Ambergreece and Musk have been over night. Then take a pint and half of Cream or ſomething more, and ſet it on the fire, and put into it four pounds and three quarters of Butter; And when it is all melted, take it off the fire, and ſtir it about, until it be pretty cool; And pour all into your flower, and ſtir it up quick with your hands, like a lith pudding; Then duſt a little flower over it, and let it ſtand covered with a Flannel, or other woollen cloth, a quarter of an hour before the fire, that it may riſe; Then have ready twelve pounds of Currants very well waſhed and pick'd, that there may be neither ſtalks, nor broken Currants in them. Then let your Currants be very well dryed before the fire, and put warm into your Cake; then mingle them well together with your hands; then get a tin hoop that will contain that quantity, and butter it well, and put it upon two ſheets of paper well buttered; ſo pour in your Cake, and ſo ſet it into the oven, being quick that it may be well ſoaked, but not to burn. It muſt bake above an hour and a quarter; near an hour and half. Take then a pound and half of double refined Sugar purely beaten and ſearſed; put into the whites of five Eggs; two or 3 ſpoonfuls of roſe-water; keep it a beating all the time, that

the Cake is a baking which will be two hours; Then draw your Cake out of the oven, and pick the dry Currants from the top of it, and ſo ſpread all that you have beaten over it, very ſmooth, and ſet it a little into the oven, that it may dry.

Another Cake.

Take three pounds and an half of flower; one penny worth of Cloves and Mace; and a quarter of a pound of Sugar and Salt, and ſtrew it on the flower. Then take the yolks of eight Eggs well beaten, with a ſpoonful and half of roſe-water; Then take a pint of thick Cream, and a pound of Butter; Melt them together, and when it is ſo, take three quarters of a pint of Ale-yeſt, and mingle the yeſt and Eggs together. Then take the warm liquor, and mingle all together; when you have done, take all, and pour it in the bowl, and ſo cover the flower over the liquor; then cover the pan with a Napkin, and when it is riſen, take four pounds of Currants, well waſhed and dryed, and half a pound of Raiſins of the Sun ſliced, and let them be well dryed and hot, and ſo ſtir them in. When it is riſen, have your oven hot againſt the Cake is made; let it ſtand three quarters of an hour. When it is half baked, Ice it over with fine Sugar and Roſe-water, and the whites of Eggs, and Muſk and Ambergreece.

When

When you mingle your yeſt and Eggs together for the Cake, put Muſk and Amber to that.

To make a Plumb-Cake.

Take a peck of flower, and part it in half. Then take two quarts of good Ale-yeſt, and ſtrain it into half the flower, and ſome new milk boiled, and almoſt cold again; make it into a very light paſte, and ſet it before the fire to riſe; Then take five pound of Butter, and melt it in a skillet, with a quarter of a pint of Roſe-water; when your paſte is riſen, and your oven almoſt hot, which will be by this time, take your paſte from the fire, and break it into ſmall pieces, and take your other part of flower, and ſtrew it round your paſte; Then take the melted Butter, and put it to the paſt, and by degrees work the paſte and flower together, till you have mingled all very well. Take ſix Nutmegs, ſome Cinnamon and Mace well beaten, and two pound of Sugar, and ſtrew it into the Paſte, as they are a working it. Take three pounds of Raiſins ſtoned, and twelve pounds of Currants very well waſhed and dryed again; one pound of Dates ſliced; half a pound of green Citron dryed and ſliced very thin; ſtrew all theſe into the paſte, till it have received them all; Then let your oven be ready, and make up your Cake, and ſet it into the oven; but you muſt have a great care, it doth not take cold. Then to Ice

it, take a pound and half of double refined Sugar beaten and ſearſed; The whites of three Eggs new-laid, and a little Orange flower-water, with a little muſk and Ambergreece, beaten and ſearſed, and put to your ſugar; Then ſtrew your Sugar into the Eggs, and beat it in a ſtone Mortar with a Woodden Peſtel, till it be as white as ſnow, which will be by that time the Cake is baked; Then draw it to the ovens mouth, and drop it on, in what form you will; let it ſtand a little again in the oven to harden.

To make an Excellent Cake.

To a Peck of fine flower, take ſix pounds of freſh butter, which muſt be tenderly melted, ten pounds of Currants, of Cloves and Mace, half an ounce of each, an ounce of Cinnamon, half an ounce of Nutmegs, four ounces of Sugar, one pint of Sack mixed with a quart at leaſt of thick barm of Ale (as ſoon as it is ſettled, to have the thick fall to the bottom, which will be, when it is about two days old) half a pint of Roſe-water; half a quarter of an ounce of Saffron. Then make your paſte, ſtrewing the ſpices, finely beaten, upon the flower: Then put the melted butter (but even juſt melted) to it; then the barm, and other liquors: and put it into the oven well heated preſently. For the better baking of it, put it in a hoop, and let it ſtand in the oven one hour and half. You Ice

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the Cake with the whites of two Eggs, a ſmall quantity of Roſe-water, and ſome Sugar.

To make Bisket.

To half a peck of flower, take three ſpoonfuls of barm, two ounces of ſeeds; Aniſeeds or Fennel-ſeeds. Make the paſte very ſtiff, with nothing but water, and dry it (they muſt not have ſo much heat, as to make them riſe, but only dry by degrees; as in an oven after Manchet is taken out, or a gentle ſtove) in flat Cakes very well in an oven or ſtove.

To make a Caraway-Cake.

Take three pound and a half of the fineſt flower and dry it in an oven; one pound and a half of ſweet butter, and mix it with the flower, until it be crumbled very ſmall, that none of it be ſeen; Then take three quarters of a pint of new Ale-yeaſt, and half a pint of Sack, and half a pint of new milk; ſix ſpoonfuls of Roſe-water, four yolks, and two whites of Eggs; Then let it lie before the fire half an hour or more. And when you go to make it up, put in three quarters of a pound of Caraway-Confits, and a pound and half of biskets. Put it into the oven, and let it ſtand an hour and half.

Another very good Cake.

Take four quarts of fine flower, two pound and half of butter, three quarters of a pound of Sugar, four Nutmegs; a little Mace; a pound of Almonds finely beaten, half a pint of Sack, a pint of good Ale-yeſt, a pint of boiled Cream, twelve yolks, and four whites of Eggs; four pound of Currants. When you have wrought all theſe into a very fine paſt, let it be kept warm before the fire half an hour, before you ſet it into the oven. If you pleaſe, you may put into it, two pound of Raiſins of the Sun ſtoned and quartered. Let your oven be of a temperate heat, and let your Cake ſtand therein two hours and a half, before you Ice it; and afterwards only to harden the Ice. The Ice for this Cake is made thus: Take the whites of three new laid Eggs, and three quarters of a pound of fine Sugar finely beaten; beat it well toge her with the whites of the Eggs, and Ice the Cake. If you pleaſe you may add a little Musk or Ambergreece.

Excellent ſmall Cakes.

Take three pound of very fine flower well dryed by the fire, and put to it a pound and half of loaf Sugar ſifted in a very fine ſieve and dryed; Three pounds of Currants well waſhed and dryed in a cloth and ſet by the fire; When your flower

flower is well mixed with the Sugar and Currants, you muſt put in it a pound and half of unmelted butter, ten ſpoonfuls of Cream, with the yolks of three new-laid Eggs beat with it, one Nutmeg; and if you pleaſe, three ſpoonfuls of Sack. When you have wrought your paſte well, you muſt put it in a cloth, and ſet it in a diſh before the fire, till it be through warm. Then make them up in little Cakes, and prick them full of holes; you muſt bake them in a quick oven uncloſed. Afterwards Ice them over with Sugar. The Cakes ſhould be about the bigneſs of a hand-breadth and thin: of the ciſe of the Sugar Cakes ſold at *Barnet*.

My Lord of Denbigh's *Almond March-pane.*

Blanch either Nut-Kernels, from the Huſk, in the beſt manner you can. Then pun them with a due proportion of Sugar, and a little Orange-flower, or Roſe-water. When it is in a fitting uniform paſte, make it into round Cakes, about the bigneſs of your hand, or a little larger, and about a finger thick; and lay every one upon a fine paper cut fit to it; which lay upon a table. You muſt have a pan like a tourtiere, made to contain coals on the top, that is flat, with edges round about to hold in the coals, which ſet over the Cakes, with fire upon it. Let this remain upon the Cakes, till you con-

conceive, it hath dryed them ſufficiently for once; which may be within a quarter of an hour; but you take it off two or three times in that time, to ſee you ſcorch not the outſide, but only dry it a little. Then remove it to others, that lye by them; and pull the Papers from the firſt, and turn them upon new Papers. When the others are dryed enough, remove the pan back to the firſt, to dry their other ſide: which being enough, remove it back to the ſecond, that by this time are turned, and laid upon new Papers. Repeat this turning the Cakes, and changing the Pan, till they are ſufficiently dry: which you muſt not do all at once, leaſt you ſcorch them: and though the outſide be dry, the inſide muſt be very moiſt and tender. Then you muſt Ice them thus: Make a thick pap with Orange flower or Roſe-water, and pureſt white Sugar: a little of the whites of Eggs, not above half a ſpoonful of that Oyl of Eggs, to a Porrenger full of thick Pap, beaten exceeding well with it, and a little juyce of Limons. Lay this ſmooth upon the Cakes with a Knife, and ſmoothen it with a feather. Then ſet the pan over them to dry them. Which being if there be any unevenneſs, or cracks or diſcolouring, lay on a little more of that Mortar, and dry it as before. Repeat this, till it be as clear, and ſmooth, and white, as you would have it. Then turn the other ſides, and do the like to them. You muſt take

take care, not to ſcorch them: for then they would look yellow or red, and they muſt be pure, white and ſmooth like Silver between poliſhed and matte, or like a looking Glaſs. This Coat preſerves the ſubſtance of the Cakes within, the longer moiſt. You may beat diſſolved Amber, or Eſſence of Cinnamon, with them.

To make Slipp coat Cheeſe.

According to the bigneſs of your moulds proportion your ſtroakings for your Cheeſe-curds. To ſix quarts of ſtroakings, take a pint of Spring-water: if the weather be hot, then let the water be cold, and before you put it into the ſtroakings, let them ſtand a while to cool after they are milked, and then put in the water with a little Salt firſt ſtirred in it: and having ſtirred it well together, let it ſtand a little while, and then put in about two good ſpoonfuls of Runnet, ſtir it well together, and cover it with a fair linnen-cloth, and when it is become hard like a thick jelly, with a skimming-diſh lay it gently into the moulds, and as it ſinks down into the moulds, fill it ſtill up again, till all be in, which will require ſome three or four hours time. Then lay a clean fine cloth into another mould of the ſame ciſe, and turn it into it, and then turn the skirts of the cloth over it, and lay upon that a thin board, and upon that as much weight, as with the board may make two pound or thereabouts.

abouts. And about an hour after, lay another clean cloth into the other mould, and turn the Cheese into that; then lay upon the board so much, as will make it six or seven pound weight; and thus continue turning of it till night: then take away the weight, and lay it no more on it; then take a very small quantity of Salt finely beaten, and sprinkle the Cheese all over with it as slightly as can be imagined. Next morning turn it into another dry cloth, and let it lye out of the mould upon a plain board, and change it as often as it wets the cloth, which must be three or four times a day: when it is so dry, that it wets the cloth no more, lay it upon a bed of green-rushes, and lay a row upon it; but be sure to pick the bents clean off, and lay them even all one way: if you cannot get good rushes, take nettles or grass. If the weather is cold, cover them with a linnen and woollen cloth: in case you cannot get stroakings, take five quarts of new Milk, and one of Cream. If the weather be cold, heat the water that you put to the stroakings. Turn the Cheese every day, and put to it fresh of whatsoever you keep it in. They are usually ripe in ten days.

To make Slipp-coat Cheese.

Master *Philipps* his Method and proportions in making slippe-coat Cheese, are these. Take six

wine

wine quarts of ſtroakings, and two quarts of Cream; mingle theſe well together, and let them ſtand in a bowl, till they are cold. Then power upon them three pints of boiling fair water, and mingle them well together; then let them ſtand, till they are almoſt cold, colder then milk-warm. Then put to it a moderate quantity of Runnet, made with fair water (not whey, or any other thing then water; this is an important point) and let it ſtand till it come. Have a care not to break the Curds, nor ever to touch them with your hands, but only with your skimming diſh. In due time lade the Curds with the diſh, into a thin fine Napkin, held up by two perſons, that the whey may run from them through the bunt of the Napkin, which you rowl gently about, that the Curds may dry without breaking. When the whey is well drained out, put the Curds as whole as you can into the Cheeſe-fat, upon a napkin, in the fat. Change the Napkin, and turn the Cheeſe every quarter of an hour, and leſs, for ten, twelve or fourteen times; that is, ſtill as ſoon as you perceive the Napkin wet with the whay running from the Curds. Then preſs it with a half pound weight for two or three hours, Then add half a pound more for as long time. then another half pound for as long, and laſtly another half pound, which is two pounds in all; which weight muſt never be exceeded. The

next day, (when about twenty four hours are paſt in all) ſalt your Cheeſe moderately with white Salt, and then turn it but three or four times a day, and keep it in a cotton cloth, which will make it mellow and ſweet, not rank, and will preſerve the coat ſmooth. It may be ready to eat in about twelve days. Some lay it to ripen in dock-leaves, and it is not amiſs; but that in rain they will be wet, which moulds the Cheeſe. Others in flat fit boxes of wood, turning them, as is ſaid, three or four times a day. But a cotton cloth is beſt. This quantity is for a round large Cheeſe, of about the bigneſs of a ſale ten peny Cheeſe, a good fingers breadth thick. Long broad graſs ripeneth them well, and ſucketh out the moiſture. Ruſhes are good alſo. They are hot, but dry not the moiſture ſo well.

My Lady of *Middleſex* makes excellent ſlipp-coat Cheeſe of good morning milk putting Cream to it. A quart of Cream is the proportion ſhe uſeth to as much milk, as both together make a large round Cheeſe of the bigneſs of an ordinary Tart-plate, or Cheeſe-plate; as big as an ordinary ſoft cheeſe, that the Market-women ſell for ten pence. Thus for want of ſtroakings at *London*, you may take one part of Cream to five or ſix of morning milk, and for the reſt proceed as with ſtroakings; and theſe will prove as good.

Slipp-

Slipp-coat Cheese.

Take three quarts of the last of the stroakings of as many Cows as you have; keep it covered, that it may continue warm; put to it a skimming dishful of Spring-water; then put in two spoonfuls of Runnet, so let it stand until it be hard come: when it is hard come, set your fat on the bottome of a hair-sieve, take it up by degrees, but break it not; when you have laid it all in the fat, take a fine cloth, and lay it over the Cheese, and work it in about the sides, with the back of a Knife; then lay a board on it, for half an hour: after half an hour, set on the board an half pound stone, so let it stand two hours; then turn it on that board, and let the cloth be both under and over it, then put it into the fat again; Then lay a pound and half weight on it; Two hours after turn it again on a dry cloth, and salt it, then set on it two pound weight, and let it stand until the next morning. Then turn it out of the Cheese-fat, on a dry board, and so keep it with turning on dry boards three days. In case it run abroad, you must set it up with wedges; when it begins to stiffen, lay green grass or rushes upon it: when it is stiff enough, let rushes be laid both under and over it. If this Cheese be rightly made, and the weather good to dry it, it will be ready in eight days: but in case it doth not dry well, you must lay on

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it a linnen-cloth, and woollen upon it, to haſten the ripening of it.

To make a Scalded Cheeſe.

Take ſix gallons of new milk: put to it two quarts of the evening Cream; then put to it good runnet, for winter Cheeſe; let it ſtand, till it be even well, then ſink it as long as you can get any whey out: then put it into your fat, and ſet it in the preſs, and let it ſtand half an hour: in this time turn it once. When you take it out of the Preſs, ſet on the fire two gallons of the ſame whey: then put your Cheeſe in a big bowl, break the Curd as ſmall with your hands as you do your Cheeſe-cakes: when your whey is ſcalding hot, take off the ſcum: lay your ſtrainer over the Curd, and put in your whey: take a ſlice, and ſtir up your Curd, that it may ſcald all alike: put in as much whey as will cover it well: if you find that cold, put it out, and put in more to it that is hot. Stir it as before: then cover it with a linnen and woollen cloth: then ſet ſome new whey on the fire, put in your Cheeſe-fat and ſuter and cloth. After three quarters of an hour, take up the Curd, and put it into the Cheeſe fat, as faſt, as two can work it in: then put it into the hot cloth, and ſet it into the Preſs. Have a care to look to it, and after a while turn it, and ſo keep it in the preſs with turning, till the next day: then take it forth and Salt it.

The

The Cream-Courds.

Strain your Whey, and ſet it on the fire: make a clear and gentle fire under the kettle: as they riſe, put in whey, ſo continuing, till they are ready to skim. Then take your skimmer, and put them on the bottom of a hair-ſieve: ſo let them drain till they are cold. Then take them off, and put them into a baſon, and beat them with three or four ſpoonfuls of Cream and Sugar.

Savoury toſted or melted Cheeſe.

Cut pieces of quick, fat, rich, well tafted cheeſe, (as the beſt of Brye, Cheſhire, &c. or ſharp thick Cream-Cheeſe) into a diſh of thick beaten melted Butter, that hath ſerved for Sparages or the like, or peaſe, or other boiled Sallet, or ragout of meat, or gravy of Mutton: and, if you will, Chop ſome of the Aſparages among it, or ſlices of Gambon of Bacon, or freſh-collops, or Onions, or Sibboulets, or Anchovis, and ſet all this to melt upon a Chafingdiſh of Coals, and ſtir all well together, to Incorporate them; and when all is of an equal conſiſtence, ſtrew ſome groſs White-Pepper on it, and eat it with toſts or cruſts of White-bread. You may ſcorch it at the top with a hot Fire-Shovel.

To feed Chicken.

First give them for two days, paſte made of Barley Meal and Milk with Clyſter Sug. to ſcowre them. Then feed them with nothing but haſhed Raiſins of the Sun. The leſs drink they have, the better it is: for it waſheth away their fat; but that little they have, let it be broken Beer; Milk were as good or better; but then you muſt be careful to have it always ſweet in their trough, and no ſowerneſs there to turn the Milk. They will be prodigiouſly fat in about twelve days: And you muſt kill them, when they are at their height: Elſe they will ſoon fall back, and grow fat no more.

Others make their Paſte of Barley meal with Milk and a little courſe Sugar, and mingle with it a little (about an eight part) of powder of green Glaſs beaten exceeding ſmall. Give this only for two days to cleanſe their ſtomacks. Then feed them with paſte of Barley-meal, made ſometimes with Milk and Sugar, and ſometimes with the fat skimmed off from the pot, giving them drink as above.

Others make a pretty ſtiff paſte for them with Barley-meal (a little of the courſeſt bran ſifted from it) and the fat ſcummed off from the boiling pot, be it of Beef (even ſalted) or Mutton, &c. Lay this before them for their food for four days. Then give them ſtill the ſame, but

but mingled with a little powder of Glaſs for 4 or five days more. In which time they will be extremely fat and good. For their drink, give them the droppings of good Ale or good Beer. When you eat them, you will find ſome of the powder of glaſs in their ſtomacks, *i. e.* gizzards.

To feed Poultry.

My Lady *Fanſhaws* way of feeding Capons, Pullets, Hens, Chicken or Turkies, is thus. Have Coops, wherein every fowl is apart, and not room to turn in, and means to cleanſe daily the ordure behind them, and two troughs; for before that, one may be ſcalding and drying the day, the other is uſed, and before every fowl one partition for meat, another for drink. All their Meat is this: Boil Barley in water, till it be tender, keep ſome ſo, and another parcel of it boil with Milk, and another with ſtrong Ale. Let them be boiled as wheat that is cried. Uſe them different days for variety, to get the fowl appetite. Lay it in their trough, with ſome Brown-Sugar mingled with it. In the partition for Liquor, let them have water or ſtrong Ale to drink. They will be very drunk and ſleep; then eat again. Let a Candle ſtand all night over the Coop, and then they will eat much of the night. With this courſe they will be prodigiouſly fat in a fortnight. Be ſure to keep them very ſweet. This maketh the taſte pure.

Another way of feeding Chicken.

Take Barley meal, and with droppings of ſmall Ale, (or Ale it ſelf) make it into a conſiſtence of batter for Pan-cakes. Let this be all their food. Which put into the troughs before them, renewing it thrice a day, morning, noon and evening; making their troughs very clean every time, and keeping their Coops always very clean and ſweet. This is to ſerve them for drink as well as meat, and no other drink be given them. Feed them thus ſix days; the ſeventh give them nothing in their troughs but powder of brick ſearced, which ſcowreth and cleanſeth them much, and makes their fleſh exceeding white. The next day fall to their former food for ſix days more, and the ſeventh again to powder of Brick. Then again to barley Meal and Ale. Thus they will be exceeding fat in fifteen days, and purely white and ſweet.

To fatten young Chicken in a wonderfull degree.

Boil Rice in Milk till it be very tender and Pulpy, as when you make Milk Potage. It muſt be thick, almoſt ſo thick, that a ſpoon may ſtand an-end in it. Sweeten this very well with ordinary Sugar. Put this into their troughs where they feed, that they may be always eating of it. It muſt be made freſh every day.

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Their drink must be onely Milk, in another little trough by their meat-trough. Let a candle (fitly disposed) stand by them all night; for seeing their meat, they will eat all night long. You put the Chicken up, as soon as they can feed of themselves; which will be within a day or two after they are hatched, and in twelve days, or a fortnight, they will be prodigiously fat; but after they are come to their height, they will presently fall back. Therefore they must be eaten as soon as they are come to their height. Their Pen or Coop must be contrived so, that the Hen (who must be with them, to sit over them) may not go at liberty to eat away their meat, but be kept to her own diet, in a part of the Coop that she cannot get out of. But the Chicken must have liberty to go from her to other parts of the Coop, where they may eat their own meat, and come in again to the Hen, to be warmed by her, at their pleasure. You must be careful to keep their Coop very clean.

To feed Chicken.

Fatten your Chicken the first week with Oatmeal scalded in Milk; the second with Rice and Sugar in Milk. In a fortnight they will be prodigiously fat. It is good to give them sometimes a little Gravel, or powder of Glass, to cleanse their maws, and give them appetite.

If you put a little bran with their meat, it will keep their maws clean, and give them appetite.

Another Excellent way to fatten Chicken.

Boil white bread in Milk, as though you were to eat it; but make it thick of the bread, which is ſliced into it in thin ſlices, not ſo thick as if it were to make a pudding; but ſo, that when the bread is eaten out, there may ſome liquid milk remain for the Chicken to drink; or that at firſt you may take up ſome liquid Milk in a ſpoon, if you induſtriouſly avoid the bread: ſweeten very well this porage with good Kitchin Sugar of ſix pence a pound; ſo put it into the trough before them. Put there but a little at a time, (two or three ſpoonfuls) that you may not clog them, and feed them five times a day, between their wakening in the morning, and their rooſting at night. Give them no other drink; the Milk that remaineth after they have eaten the bread, is ſufficient; neither give them Gravel, or ought elſe. Keep their Coops very clean, as alſo their troughs, cleanſing them very well every morning. To half a dozen very little Chicken, little bigger then black-birds, an ordinary porenger full every day may ſerve. And in eight days they will be prodigiouſly fat, one peny loaf, and leſs then two quarts of Milk and about half a pound of Sugar will ſerve little ones

ones the whole time. Bigger Chicken will require more, and two or three days longer time. When any of them are at their height of fat, you must eat them; for if they live longer, they will fall back, and grow lean. Be sure to make their potage very sweet.

An Excellent way to Cram Chicken.

Stone a pound of Raisins of the Sun, and beat them in a Mortar to Pulp; pour a quart of Milk upon them, and let them soak so all night. Next morning still them well together, and put to them so much Crums of Grated stale white bread as to bring it to a soft paste, work all well together, and lay it in the trough before the Chicken (which must not be above six in a pen, and keep it very clean) and let a candle be by them all night. The delight of this meat will make them eat continually; and they will be so fat (when they are but of the bigness of a Blackbird) that they will not be able to stand, but lie down upon their bellies to eat.

To feed Partridges, that you have taken wilde.

You must often change their food, giving them but of one kind at a time, that so their appetites may be fresh to the others, when they are weary of the present. Sometimes dry wheat; Sometimes wheat soaked two or three days in water, to make it soft and tender; Sometimes

barley so used; Sometimes oats in like manner. Give them continually to lie by them; Some of the great green leaves of Cabbages, that grow at the bottom of the stalk, and that are thrown away, when you gather the Cabbage; which you may give them either whole or a little chopped. Give them often Ants and their Eggs, laying near them the inward mould of an Ant hill, taken up with the Ants in it.

To make Puffs.

Take new milk Curds, strained well from the whey; then rub them very well; season them with Nutmeg, Mace, Rose water and Sugar; then take an Egg or two, a good piece of Butter, and a handful of flower; work all together, and make them into Balls; bake them in an oven, upon sheets of Paper; when they are baked, serve them up with butter melted and beaten with Rose-water and Sugar. In stead of flower, you may take fine grated-bread, dried very well, but not Crisp.

Apples in Gelly.

My Lady *Paget* makes her fine preserved Pippins, thus: They are done best, when Pippins are in their prime for quickness, which is in *November*. Make your Pippin-water as strong as you can of the Apples, and that it may be the less boiled, and consequently the paler, put in

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at firſt the greateſt quantity of pared and quartered Apples, the water will bear. To every Pint of Pippin-water add (when you put the Sugar to it) a quarter of a pint of fair ſpring-water, that will bear ſoap (of which ſort only you muſt uſe) and uſe half a pound of Sugar, the pureſt double refined. If you will have much gelly, two Pippins finely pared and whole, will be enough; you may put in more, if you will have a greater proportion of ſubſtance to the gelly. Put at firſt but half the Sugar to the Liquor; for ſo it will be the paler. Boil the Apples by themſelves in fair water, with a very little Sugar, to make them tender; then put them into the liquor, and the reſt, the other half of the Sugar with them. Boil them with a quick fire, till they be enough, and the liquor do gelly, and that you ſee the Apples look very clear, and as though they were tranſparent. You muſt put the juyce of two Limons and half an Orange to this in the due time. Every Pippin ſhould be lapped over in a broad-pill of Orange; which you muſt prepare thus. Pare your Orange broad and very thin, and all hanging together, rub it with Salt, prick it, and boil it in ſeveral waters, to take away the bitterneſs, and make it tender. Then preſerve it by it ſelf with ſufficient quantity of Sugar. When it is throughly done, and very tender (which you muſt caſt to do before hand, to be ready when the Apples are

ready

ready to be put up) take them out of their Syrup, and lap every Pippin in an Orange-peel, and put them into a pot or glass, and pour the liquor upon them: which will be gelly over and about the Apples, when all is cold. This proportion of liquor, Apples, and Orange-peels, will take up about three quarters of a pound of Sugar in all. If you would keep them any time, you must put in weight for weight of Sugar.

I conceive Apple-John's in stead of Pippins will do better, both for the gelly and Syrup; especially at the latter end of the year; and I like them thin sliced, rather than whole; and the Orange-peels scattered among them in little pieces or chipps.

Syrup of Pippins.

Quarter and Core your Pippins; then stamp them in a Mortar, and strain out the Juyce. Let it settle, that the thick dregs may go to the bottom; then pour off the clear; and to have it more clear and pure, filter it through sucking Paper in a glass funnel. To one pound of this take one pound and an half of pure double refined Sugar, and boil it very gently (scarce simpringly, and but a very little while) till you have scummed away all the froth and foulness (which will be but little) and that it be of the consistence of Syrup. If you put two pound of Sugar to one pound of juyce, you must boil it more

more & ſtronglier. This will keep longer, but the colour is not ſo fine. It is of a deeper yellow. If you put but equal parts of juyce and Sugar, you muſt not boil it, but ſet it in a *Cucurbite in bulliente Balneo*, till all the ſcum be taken away, and the Sugar well diſſolved. This will be very pale and pleaſant, but will not keep long.

You may make your Syrup with a ſtrong decoction of Apples in water (as when you make gelly of Pippins) when they are green; but when they are old and mellow, the ſubſtance of the Apple will diſſolve into pap, by boiling in water.

Take three or four ſpoonfuls of this Syrup in a large draught of fountain water, or ſmall poſſet-Ale, *pro ardore urinæ*, to cool and ſmoothen, two or three times a day.

Gelly of Pippins or John-Apples.

Cut your Apples into quarters (either pared or unpared) Boil them in a ſufficient quantity of water, till it be very ſtrong of the Apples. Take the clear liquor, and put to it ſufficient Sugar to make gelly, and the ſlices of Apple; ſo boil them all together, till the ſlices be enough, and the liquor gelly; or you may boil the ſlices, in Apple-liquor without Sugar, and make gelly of other liquor, and put the ſlices into it, when it is gelly, and they be ſufficiently boiled.

boiled. Either way, you muſt put at the laſt ſome juyce of Limon to it; and Amber and Muſk if you will. You may do it with halves or quartered Apples, in deep glaſſes, with ſtore of gelly about them. To have theſe clear, take the pieces out of the gelly they are boiled in, with a ſlice, ſo as you may have all the rags run from them, and then put neat clean pieces into clear gelly.

Preſerved Wardens.

Pare and Core the Wardens, and put a little of the thin rind of a Limon into the hole that the Core leaveth. To every pound of Wardens, take half a pound of Sugar, and half a pint of water. Make a Syrup of your Sugar and Water; when it is well ſcummed, put it into a Pewter diſh, and your Wardens into the Syrup, and cover it with another Pewter diſh; and ſo let this boil very gently, or rather ſtew, keeping it very well covered, that the ſteam get out as little as may be. Continue this, till the Wardens are very tender, and very red, which may be in five, or ſix, or ſeven hours. Then boil them up to the height the Syrup ought to be to keep: which yet will not be well above three or four months. The whole ſecret of making them red, conſiſteth in doing them in Pewter, which ſpoileth other preſerves; and in any other mettal theſe will

will not be red. If you will have any Amber in them, you may to ten or twelve pound of Wardens, put in about twenty grains of Amber, and one, or at moſt, two grains of Muſk, ground with a little Sugar, and ſo put in at the laſt. Though the Wardens be not covered over with the Syrup in the ſtewing by a good deal, yet the ſteam, that riſeth and cannot get out, but circulateth, will ſerve both to ſtew them, and to make them red and tender.

Sweet meat of Apples.

My Lady *Barclay* makes her fine App'e-ge'ly with ſlices of John-apples. Sometimes ſhe mingles a few Pippins with the John's to make the Gelly. But ſhe liketh beſt the John's ſingle, and the colour is paler. You firſt fill the glaſs with ſlices round-wiſe cut, and then the Gelly is poured in to fill up the vacuities. The Gelly muſt be boiled to a good ſtiffneſs. Then when it is ready to take from the fire, you put in ſome juyce of Limon, and of Orange too, if you like it: but theſe muſt not boil; yet it muſt ſtand a while upon the fire ſtewing in good heat, to have the juyces Incorporate and Penetrate well. You muſt alſo put in ſome Ambergreece, which doth exceeding well in this ſweet-meat.

A Flomery-Caudle.

When Flomery is made and cold, you may make

make a pleasant and wholesome caudle of it, by taking some lumps and spoonfuls of it, and boil it with Ale and White-wine, then sweeten it to your taste with Sugar. There will remain in the Caudle some lumps of the congealed flomery, which are not ungrateful.

Pleasant Cordial Tablets, which are very comfortable and strengthen nature much.

Take four ounces of blanched Almonds; of Pine kernels, and of Pistachios, *ana*, four Ounces. Eringo-roots, Candid-Limon peels, *ana*, three Ounces, Candid Orange peels two Ounces, Candid Citron-peels four Ounces, of powder of white Amber, as much as will lie upon a shilling; and as much of the powder of pearl, 20 grains of Amber-greece, three grains of Musk, a book of leaf gold, Cloves and Mace, of each as much as will lie upon a three pence; cut all these as small as possible you can. Then take a pound of Sugar, and half a pint of water, boil it to a candy-height, then put in the Amber-greece and Musk, with three or four spoonfulls of Orange flower water. Then put in all the other things, and stir them well together, and cast them upon plates, and set them to dry: when both sides are dry, take Orange-flower-water and Sugar, and Ice them.

To make Harts-horn Gelly.

Take four Ounces of Harts-horn rasped, boil it

it in four pound of water, till it will be a gelly, which you may try upon a plate (it will be ſo, in four or five or ſix hours gentle boiling) and then paſs the clear liquor from the horn (which will be a good quart) then ſet it on the fire again with fine Sugar in it to your taſte; when that is diſſolved (or at the ſame time you put that in) put half a pound of white-wine or Sack into it, and a bag of Spice, containing a little Ginger, a ſtick of Cinnamon bruiſed, a Nutmeg quartered, two or three Cloves, and what other Spice you like, but Pepper. As ſoon as it beginneth to boil, put into it the whites of three or four Eggs beaten, and let it boil up gently, till the Eggs harden into a curd. Then open it with a ſpoon, and pour into it the juyce of three or four good Limons; then take it preſently off the fire, letting it not boil more above a walm: Then run it through a Hippocras bag, putting ſpirit of Cinnamon, or of Ambergreece, or what you pleaſe to it.

For gelly of fleſh you proceed in the ſame manner, with a brawny Capon or Cock, and a rouelle of Veal (firſt skinned, and ſoaked from the blood) in ſtead of Harts-horn: and when the broth will gelly, do as above, uſing a double or treble proportion of wine. Boil no Salt in it at firſt, for that will make the gelly black.

Harts-

Harts-horn Jelly.

Take a pound of Harts-horn, and boil it in five quarts of water, until it come to three pints, then ſtrain it through a ſieve or ſtrainer, and ſo let it ſtand, until it be cold; and according to the ſtrength you may take more or leſs of the following Ingredients. Firſt, take your ſtock of gelly, & put it into a skillet or pipkin with a pound of fine loaf Sugar, and ſet it over a fire of Charcoal; and when it begins to boil, put in a pint or more of Rheniſh-wine. Then take the whites of Eggs ſix or eight, beaten very well, with three or four ſpoonfuls of Roſe-water, and put into the gelly. Then take two grains of Amber, and one grain of Muſk, and put thereto, ſo let it boil a quarter of an hour, but not too violent; Then put in three or four ſpoonfuls of Cinnamon-water, with the juyce of ſeven or eight Limons; boil it one walm more, and run it very hot through your gelly-bag; this done, run it again as cool and ſoftly as you can into your Glaſſes and Pots.

To make Harts-horn Gelly.

Take a pound of Harts-horn, and a prety big lean Chicken, and put it into a skillet with about nine quarts of water, and boil your ſtock prety ſtiff, ſo that you may cut it with a knife; you may try it in a ſpoon, as it is a boiling. Then drain

drain your liquor clear away from the Harts-horn through a fine ſearſe, and let it ſtand until the next morning; Then if there be any fat upon it, pare it away, and likewiſe the ſettlings at the bottom. Then put your Gelly into a good big skillet, and put to it a quart of the paleſt white-wine that you can procure, or a quart of Rheniſh-wine, and one pound of double refined Sugar, and half an Ounce of Cinnamon broken into ſmall pieces, with three or four flakes of Mace. Then ſet it upon the fire, and boil it a good pace. Then have the whites of ſixteen Eggs beaten to a high froth; ſo put in the froth of your Eggs, and boil it five or ſix Walms; then put in the juyce of ſix Limons, and boil it a little while after, and then run it into a ſilver baſon through your gelly-bag: and keep it warm by the fire, until it have run through the ſecond time. You muſt obſerve to put but a very little into your bag at a time for the ſecond running, that it may but little more then drop; and it will be ſo much the clearer: and you muſt not remove the whites of Eggs nor Spice out of the bag, all the while it is running. And if the weather be hot, you need not put in ſo much wine; for it will not then be ſo apt to gelly as in cold weather.

Another way to make Harts-horn Gelly.

Take a ſmall Cock-chick, when it is ſcalded, ſlit it in two pieces, lay it to ſoak in warm wa-

ter, until the blood be well out of it. Then take a calves foot half boiled, ſlit it in the middle and pick out the fat and black of it. Put theſe into a Gallon of fair-water; skim it very well; Then put into it one Ounce of Harts-horn, and one Ounce of Ivory. When it is half conſumed, take ſome of it up in a ſpoon; and if it gelly, take it all up, and put it into a ſilver baſon, or ſuch a Pewter one as will endure Char-coal. Then beat four whites of Eggs, with three or four ſpoonfuls of Damask-Roſe-water very well together. Then put theſe into the gelly, with a quarter of an Ounce of Cinnamon broken into very ſmall pieces; one flake of Mace; three or four thin ſlices of Ginger; ſweeten it with loaf Sugar to your liking; ſet it then over a chafing diſh of coals; ſtir it well, and cover it cloſe; blow under it, until there ariſe a ſcum or curd; let it boil a little, then put into it one top of Roſe-mary; two or three of ſweet Marjoram; wring into it the juyce of half a Limon; let not your curd fall again, for it will ſpoil the clearneſs of the gelly. If you will have it more Cordial, you may grind in a Sawcer, with a little hard Sugar, half a grain of Musk, a grain of Ambergreece. It muſt be boiled in an earthen pipkin, or a very ſweet Iron-pot, after the Harts-horn and Ivory is in it. It muſt conſtantly boil, until it gelieth. If there ariſe any ſcum, it muſt be taken off.

Marmulate

Marmulate of Pippins.

Take the quickeſt Pippins, when they are newly gathered, and are ſharp; Pare and Core and cut them into half quarters. Put to them their weight of the fineſt Sugar in Powder, or broken into little pieces. Put upon theſe in your preſerving pan, as much fountain water, as will even cover them. Boil them with a quick-fire, till by frying a little upon a Plate, you find it gelliteth. When it is cold (which may be in leſs then half an hour) then take it from the fire, and put into it a little of the yellow rind of Limons raſped very ſmall, and a little of the Yellow rinde of Oranges boiled tender (caſting away the firſt waters to correct their bitterneſs) and cut into narrow ſlices (as in the gelly of Pippins) and ſome Ambergreece, with a fourth part of Musk, and break the Apples with the back of your preſerving ſpoon, whiles it cooleth. If you like them ſharper, you may put in a little juyce of Limon, a little before you take the pan from the fire. When it is cold, put it into pots. This will keep a year or two.

Try if the juyce of Apples (ſtrained out of raſped Apples) in ſuch ſort, as you make Marmulate of Quinces, with the juyce of Quinces, would not be better, then fair-water, to boil your Apples and Sugar in.

Gelly of Quinces.

My laſt Gelly of Quinces I made thus. The Quinces being very ripe, and having been long gathered, I took the fleſh of twelve Quinces in quarters, and the juyce of fifteen or ſixteen others, which made me two pound of juyce; And I made a ſtrong decoction of about twenty four others, adding to theſe twenty four (to make the decoction the ſtronger, and more ſlimy) the Cores and the Parings of the twelve in quarters; and I uſed the Cores ſliced and Parings of all theſe. All this boiled about an hour and half in eight or ten pound of water; Then I ſtrained and preſſed out the decoction (which was a little viſcous, as I deſired) and had between 4 and five pound of ſtrong decoction. To the decoction and Syrup, I put three pound of pure Sugar, which being diſſolved and ſcummed, I put in the fleſh, and in near an hour of temperate boiling (covered) and often turning the quarters, it was enough. When it was cold, it was ſtore of firm clear red gelly, environ ng in great quantity the quarters, that were alſo very tender and well penetrated with the Sugar. I found by this making, that the juyce of Quinces is not ſo good to make gelly. It maketh it ſomewhat running like Syrup, and taſteth ſweetiſh, mellowy, ſyrupy.

The Decoction of the fleſh is only good for Syrup.

Syrup. I conceive, it would be a grateful ſweet-meat to mingle a good quantity of good gelly with the Marmulate, when it is ready to put into pots. To that end they muſt both be making at the ſame time: or if one be a little ſooner done then the other, they may be kept a while warm (fit to mingle) without prejudice. Though the Gelly be cold and ſettled, it will melt again with the warmth of the Marmulate, and ſo mingle with it, and make a Marmulate, that will appear very gelly ſh; or peradventure it may be well to fill up a pot or glaſs with gelly, when it is firſt half filled with Marmulate a little cooled.

Preſerved Quince with Gelly.

When I made Quinces with Gelly, I uſed the firſt time theſe proportions; of the decoction of Quinces three pound; of Sugar one pound three quarters; Fleſh of Quince two pound and an half; The ſecond time theſe, of decoction two pound and an half, Sugar two pound and a quarter, Of fleſh two pound three quarters. I made the decoction by boyling gently each time a dozen or fourteen Quinces in a Pottle of water, an hour and a half, or two hours, ſo that the decoction was very ſtrong of the Quinces. I boiled the parings (which for that end were pared very thick, after the Quinces were well wiped) with all the ſubſtance of the

Quince in thick slices, and part of the Core (excepting all the Kernels) and then let it run through a loose Napkin, pressing gently with two plates, that all the decoction might come out; but be clear without any flesh or mash; The first making I intended should be red; and therefore both the decoction, and the whole were boiled covered, and it poved a fine clear red. This boiled above an hour, when all was in. The other boiled not above half an hour, always uncovered (as also in making his decoction) and the Gelly was of a fine pale yellow. I first did put the Sugar upon the fire with the decoction, and as soon as it was dissolved, I put in the flesh in quarters and halves; and turned the pieces often in the pan; else the bottom of such as lay long unturned, would be of a deeper colour, then the upper part. The flesh was very tender and good. I put some of the pieces into Jarglasses (carefully, not to break them,) and then poured gelly upon them. Then more pieces, then more gelly, &c. all having stood a while to cool a little.

To make fine white Gelly of Quinces.

Take Quinces newly from the tree, fair and sound, wipe them clean, and boil them whole in a large quantity of water, the more the better, and with a quick-fire, till the Quinces crack and are soft, which will be in a good half hour, or

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an hour. Then take out the Quinces, and preſs out their juyce, with your hands hard, or gently in a preſs through a ſtrainer, that only the clear liquor or juyce run out, but none of the pap, or ſolid and fleſhy ſubſtance of the Quince. (The water, they were boiled in, you may throw away.) This liquor will be ſlimy and mucilaginous, which proceedeth much from the ſeeds that remaining within the Quinces, do contribute to making this Liquor. Take three pound of it, and one pound of fine Sugar, and boil them up to a gelly, with a moderate fire, ſo that they boil every where, but not violently. They may require near an hours boiling to come to a gelly. The tryal of that is, to take a tin or ſilver plate, and wet it with fair-water, and drop a little of the boiling juyce upon the wet plate; if it ſtick to the plate, it is not enough; but if it fall off (when you ſlope the Plate) without ſticking at all to it, then is it enough: and then you put it into flat ſhallow Tin forms, firſt wetted with cold water, and let it ſtand in them four or five hours in a cold place, till it be quite cold. Then reverſe the plates, that it may ſhale and fall out, and ſo put the parcels up in boxes.

Note, you take fountain water, and put the Quinces into it, both of them being cold. Then ſet your Kettle to boil with a very quick-fire, that giveth a clear ſmart flame to the bottom of the Kettle, which muſt be uncovered all the

while, that the gelly may prove the whiter; And so likewise it must be whiles the juyce or expression is boiling with the Sugar, which must be the fineſt, that it may not need clarifying with an Egg; but that little scum that riseth at the sides at the beginning of moderate boiling must be scummed away. You let your juyce or expression settle a while, that if any of the thick substance be come out with it, it may settle to the bottom; for you are to use for this only the clear juyce: which to have it the clearer, you may let it run through a large, thin, open, strainer, without pressing it. When you boil the whole Quinces, you take them out, to strain them as soon as their skins crack, and that they are quite soft; which will not happen to them all at the same time, but according to their bigness and ripeness. Therefore first take out and press those, that are ready first: and the rest still as they grow to a fit state to press. You shall have more juyce by pressing the Quinces in a torcular, but it will be clearer, doing it with your hands; both ways, you lap them in a strainer.

White Marmulate, The Queens way.

Take a pound and an half of flesh of Quinces sliced, one pound of Sugar, and one pound of Liquor (which is a decoction made very strong of Quinces boiled in fair water) Boil these with a pretty quick fire, till they be enough,

and

and that you find it gelliech. Then proceed as in my way.

My Lady of Bath's *way.*

Take six pounds of flesh of Quince, and two pound of Sugar moistened well with juyce of Quinces; Boil these together in a fit kettle; first gently, till the Liquor be sweated out from the quince, and have dissolved all the Sugar; Then very quick and fast, proceeding as in my way, (bruising the Quinces with a spoon, &c.) till it be enough. This will be very fine and quick in taste; but will not keep well beyond *Easter*. In this course you may make Marmulate without any juyce or water (by the meer sweeting of the flesh) if you be careful, proceeding slowly till juyce enough be sweated out, least else it burn to; and then quick, that the flesh may be boiled enough, before the Moisture be evaporated away.

Paste of Quinces.

Take a quart of the juyce of Quince; and when it is on the fire, put into it, pared, quartered and Cored as much Quince, as the juyce will cover; when it is boiled tender, pass the Liquor through a sieve, & put the pulp into a stone Mortar, and beat it very fine with a Woodden Pestel; then weigh it, and to every pound of pulp, take a quarter of a pound of loaf Sugar, and boil it up

to

to a candy-height in ſome of the juyce, which you paſſed through the ſieve; then put therein your pulp, ſtirring it well together, till it hath had one boil and no more; Then drop it on glaſſes, or ſpread it on plates, and ſet it to dry.

Into the juyce that remains, you may put more fleſh of Quinces, and boil it tender, doing all as at the firſt. Then adding it (beaten to pulp in a Mortar) unto the former pulp; repeating this, till you have taken up all your juyce. Then put your proportion of Sugar to the whole quantity of pulp, and ſo make it up into paſte, and dry it, and ſometimes before a gentle fire, ſometimes in a very moderate ſtove.

Paſte of Quinces with very little Sugar.

To one pound of fleſh, or ſolid ſubſtance of Quinces (when they are pared, cored, and quartered,) take but a quarter of double refined Sugar. Do thus, ſcald your fleſh of Quinces in a little of the juyce of other Quinces, that they may become tender, as if they were coddled. Then beat them in a mortar to a ſubtle uniform ſmooth pulp, (which you may paſs through a ſearce.) In the mean time let your Sugar be diſſolved, and boiling upon the fire. When it is of a candy-height, put the pulp of Quince to it, and let it remain a little while upon the fire, till it boil up one little puff or bubbling, and that it is uniformly mixed with the Sugar; you muſt

must ſtir it well all the while. Then take it off, and drop it into little Cakes, or put it thin into ſhallow glaſſes which you may afterwards cut into ſlices. Dry the cakes and ſlices gently and by degrees in a ſtove, turning them often. Theſe will keep all the year, and are very quick of taſte.

Another paſte of Quinces.

Put the Quinces whole into ſcalding water, and let them boil there, till they be tender. Then take them out and peel them, and ſcrape off the pulp, which paſs through a ſtrainer; and when it is cold enough, to every pound put three quarters of a pound of double refined Sugar in ſubtile powder; work them well together into an uniform paſte; then make little cakes of it, and dry them in a ſtove. If you would have the Cakes red, put a little (very little; the colour will tell you, when it is enough) of juyce of barberies to the paſte or pulp. You have the juyce of Barberries thus: Put them ripe into a pot over the fire, till you ſee the juyce ſweat out. Then ſtrain them, and take the clear juyce. If you would have the paſte tarter, you may put a little juyce of Limons to it.

A pleaſant Gelly in the beginning of the winter is made, of Pearmains, Pippins and juyce of Quinces. Alſo a Marmulate made of thoſe Apples, and juyce of Quinces, is very good.

A Smoothening Quiddany or Gelly of the Cores of Quinces.

Take only the Cores, and slice them thin, with the seeds in them. If you have a pound of them, you may put a pottle of water to them. Boil them, till they be all Mash, and that the water hath drawn the Mucilage out of them, and that the decoction will be a gelly, when it is cold. Then let it run through a wide strainer or fit colender (that the gross part may remain behind, but all the slymeness go through) and to every pint of Liquor take about half a pound of double refined Sugar, and boil it up to a gelly. If you put in a little juyce of Quince, when you boil it up, it will be the quicker.

You may also take a pound of the flesh of Quinces (when you have not cores enow, to make as much as you desire) and one ounce of seeds of other Quinces, and boil them each a part, till the one be a strong decoction; the other a substantial Mucilage. Then strain each from their course *faces*: and mingle the decoctions, and put Sugar to them, and boil them up to a Gelly.

Or with the flesh and some juyce of Quinces, make Marmulate in the Ordinary way; which whiles it is boiling, put to it the Mucilage of the seeds to Incorporate it with the Marmulate. You may take to this a less proportion of Sugar than to my Marmulate.

Mar-

Marmulate of Cherries.

Take four pound of the beſt Kentiſh Cherries, before they be ſtoned, to one pound of pure loaf Sugar, which beat into ſmall Powder: ſtone the Cherries, and put them into your preſerving pan over a gentle fire, that they may not boil, but reſolve much into Liquor. Take away with the ſpoon much of the thin Liquor, (for elſe the Marmulate will be Glewy) leaving the Cherries moiſt enough, but not ſwimming in clear Liquor. Then put to them half your Sugar, and boil it up quick, and ſcum away the froth that riſeth. When that is well incorporated and clear, ſtrew in a little more of the Sugar; and continue doing ſo by little and little, till you have put in all your Sugar; which courſe will make the colour the finer. When they are boiled enough, take them off, and bruiſe them with the back of a ſpoon; and when they are cold, put them up in pots.

You may do the ſame with *Morello* Cherries; which will have a quicker taſt, and have a fining, pure, ſhining, dark colour.

Both ſorts will keep well all the year.

Marmulate of Cherries with juyce of Raſpes and Currants.

Mingle juyce of Raſpes and red Currants with the ſtoned Cherries, and boil this mixture into

Mar-

Marmulate, with a quarter, or at moſt, a third part of Sugar. The juyces muſt be ſo much as to make Gelly of them to mingle handſomely with the Cherries, to appear among and between them.

Madam *Plancy* (who maketh this ſweet-meat for the Queen) uſeth this proportion. Take three pounds of Cherries ſtoned; half a pound of clear juyce of raſpes, and one pound of the juyce of red currants, and one pound of fine Sugar. Put them all together into the preſerving pan; boil them with a quick fire, eſpecially at the firſt, skimming them all the while, as any ſcum riſeth. When you find them of a fit conſiſtence, with a fine clear gelly, mingled with the Cherries, take the preſerving pan from the fire, and bruiſe the Cherries with the back of your preſerving ſpoon; and when they are of a fit temper of coolneſs, pot them up.

Peradventure, to keep all the year, there may be requiſite a little more Sugar.

To make an Excellent Syrup of Apples.

Slice a dozen or twenty Pippins into thin ſlices, and lay them in a deep diſh, *ſtratum ſuper ſtratum*, with pure double refined Sugar in powder. Put two or three ſpoonfuls of water to them, and cover them cloſe with another diſh, luting their joyning that nothing may expire. Then ſet them into an oven. And when you take

take out the dish, you will have an excellent Syrup, and the remaining substance of the Apples will be insipid.

You may proceed with Damsens, or other plumms, in the same manner, and you will have excellent stewed Damsens, (as fair as preserved ones) swimming in a very fine Syrup.

Sweet-meats of my Lady Windebanks.

She maketh the past of Apricocks (which is both very beautiful and clear, and tasteth most quick of the fruit) thus, Take six pound of pared and sliced Apricocks, put them into a high pot, which stop close, and set it in a kettle of boiling water, till you perceive the flesh is all become an uniform pulp; then put it out into your preserving pan or possenet, and boil it gently till it be grown thick, stirring it carefully all the while. Then put two pound of pure Sugar to it, and mingle it well, and let it boil gently, till you see the matter come to such a thickness and solidity, that it will not stick to a plate. Then make it up into what form you will. The like you may do with Raspes or Currants.

It is a pleasant and beautiful sweet meat to do thus: Boil Raspes in such a pot, till they be all come to such a Liquor; Then let the clear run through a strainer; to a pound, or English wine pint whereof, put a pound of red Currants (first stoned and the black ends cut off) and a pound

of

of Sugar. Boil these, till the Liquor be gellied. Then put it in Glasses. It will look like Rubies in clear Gelly. You may do the like with Cherries, either stoned, and the stalks cut off, or three or four capped upon one stalk, and the stone left in the first, and boiled in Liquor of Raspes.

She makes her curious red Marmulate thus: Take six pounds of Quince-flesh; six pounds of pure Sugar; and eight of pints of juyce; boil this up with quick fire, till you have scummed it, then pull away all the Coals, and let it but simper, for four or five hours, remaining covered, renewing from time to time so little fire, as to cause it so to continue simpring. But as soon as it is scummed, put into it a handful of Quince kernels, two races of Ginger sliced, and fourteen or fifteen Cloves whole; all these put into a Tyffany-bag tyed fast; when you finde that the colour is almost to your minde, make a quick fire, and boil it up a pace, then throw away your bag of kernels, Ginger and Cloves, and pot up your Marmulate, when it is cool enough.

She makes her red Gelly of Quince thus: Put the Quinces pared and sliced into a pot, as above, and to every pound of this flesh put about half a demistien of fair water, and put this into a kettle of boiling water, till you perceive all the juyce is boiled out of the Quince, Then strain it out, and boil this Liquor (which will not yet be clear) till you perceive it gellieth upon a plate.

Then

Then to every pint of Liquor put a pound of Sugar, and boil it up to a gelly, skimming it well, as the ſcum riſeth, and you will have a pure gelly.

Gelly of Red Currants.

Take them clean picked, and freſh gathered in the morning, in a baſon, ſet them over the fire, that their juyce may ſweat out, preſſing them all the while with the back of your preſerving ſpoon, to ſqueeſe out of them all that is good. When you ſee all is out, ſtrain the Liquor from them, and let it ſtand to ſettle four or five hours, that the groſs matter may ſink to the bottom. Then take the pure clear, (the thick ſettling will ſerve to add in making of Marmulate of Cherries, or the like) and to every pint or pound of it, put three quarters of a pound of the pureſt refined Sugar, and boil them up with a quick fire, till they come to a gelly height (which will be done immediately in leſs then a quarter of an hour), which you may try with a drop upon a plate. Then take it off, and when it is cold enough, put it into Glaſſes. You muſt be careful to skim it well in due time, and with thin brown Paper to take off the froth, if you will be ſo curious.

Gelly of Currants, with the fruit whole in it.

Take four pound of good Sugar, clarifie it whites of Eggs, then boil it up to a candid height

(that is, till throwing it, it goeth into flakes: Then put into it five pound (or at discretion) of pure juyce of red Currants first boiled to clarifie it by skimming it. Boil them together a little while, till it be well scummed, and enough to become gelly. Then put a good handful or two of the berries of Currants whole, and cleansed from the stalks and black end, and boil them a little till they be enough.

You need not to boil the juyce, before you put it to the Sugar, and consequently do not scum it before the Sugar and it boil together: but then scum it perfectly: and take care before, that the juyce be very clear and well strained.

Marmulate of red Currants.

Take some juyce of red Currants, and put into it a convenient proportion of some entire Currants cleansed from the stalks and buttons at the other end. Let these boil a little together. Have also ready some fine Sugar boiled to a candy height. Put of this to the Currants at discretion, and boil them together, till they be enough: and bruise them with the back of your spoon, that they may be in the consistence of Marmulate (like that of Cherries) which put in pots, when it is cool enough. You do not stone the whole Currants put into the juyce, unless you please.

Sucket

Sucket of Mallow Stalks.

To candy or preſerve the tender ſtalks of Mallows, do thus; Take them in the ſpring, when they are very young and tender; and peel off the ſtrings that are round about the outſide, as you do *French*-beans, and boil them, till they are very tender. In the mean time prepare a high Syrup of pure Sugar, and put the boiled ſtalkes into it, whiles it is boiling hot, but taken from the fire. Let them lie ſoaking there till the next morning. Then take out the ſtalks, and heat the Syrup again, ſcalding hot, and return the ſtalks into it, letting them lie there till next morning; (Note, that the ſtalks muſt never boil in the Syrup,) Repeat this ſix, or eight, or nine times, that is to ſay, till they are ſufficiently Imbibed with the Syrup. When they are at this paſs, you may either keep them as a wet ſucket in Syrup, or dry them in a ſtove upon Papers, turning them continually, in ſuch ſort as dried ſweet-meats are to be made. I like them beſt dry, but ſoft and moiſt within (*Medulloſi*) like Candied Eryngos. In *Italy* they eat much of them, for ſharpneſs and heat of Urine, and in *Gonorrhœa's* to take away pain in Urining.

A Sucket is made in like manner of the Carneous ſubſtance of ſtalks of Lettice. It is the knob, out of which the Lettice groweth, which being pared, and all the tough rind being taken

off, is very tender and ſo it is a pretty way downwards the root. This alſo is very cooling and ſmoothing.

In *Italy* theſe tender ſtalks of Mallows are called *Mazzocchi*, and they eat them (boiled tender) in Sallets, either hot or cold, with Vinegar and Oyl, or Butter and Vinegar, or juyce of Oranges.

Conſerve of Red Roſes.

Doctor *Gliſſon* makes his conſerve of red Roſes thus: Boil gently a pound of red Roſe leaves (well picked, and the Nails cut off) in about a pint and a half (or a little more, as by diſcretion you ſhall judge fit, after having done it once; The Doctors Apothecary takes two pints) of Spring water; till the water have drawn out all the Tincture of the Roſes into it ſelf, and that the leaves be very tender, and look pale like Linnen; which may be in a good half hour, or an hour, keeping the pot covered whiles it boiſeth. Then pour the tincted Liquor from the pale Leaves (ſtrain it out, preſſing it gently, ſo that you may have Liquor enough to diſſolve your Sugar) and ſet it upon the fire by it ſelf to boil, putting into it a pound of pure double refined Sugar in ſmall Powder; which as ſoon as it is diſſolved, put in a ſecond pound; then a third, laſtly a fourth, ſo that you have four pound

of

of Sugar to every pound of Roſe-leaves. (The Apothecary uſeth to put all the four pounds into the Liquor altogether at once,) Boil theſe four pounds of Sugar with the tincted Liquor, till it be a high Syrup, very near a candy height, (as high as it can be, not to flake or candy) Then put the pale Roſe-leaves into this high Syrup, as it yet ſtandeth upon the fire, or immediately upon the taking it off the fire. But preſently take it from the fire, and ſtir them exceeding well together, to mix them uniformly; then let them ſtand till they be cold; then pot them up. If you put up your Conſerve into pots, whiles it is yet throughly warm, and leave them uncovered ſome days, putting them in the hot Sun or ſtove, there will grow a fine candy upon the top, which will preſerve the conſerve without paper upon it, from moulding, till you break the candied cruſt, to take out ſome of the conſerve.

The colour both of the Roſe-leaves and the Syrup about them, will be exceeding beautiful and red, and the taſte excellent; and the whole very tender and ſmoothing, and eaſie to digeſt in the ſtomack without clogging it, as doth the ordinary rough conſerve made of raw Roſes beaten with Sugar, which is very rough in the throat. The worſt of it is, that if you put not a Paper to lie always cloſe upon the top of the conſerve, it will be apt to grow mouldy there on the top; eſpecially *aprés que le pot eſt entamé.*

The Conſerve of Roſes, beſides being good for Colds and Coughs, and for the Lunges, is exceeding good for ſharpneſs and heat of Urine, and ſoreneſs of the bladder, eaten much by it ſelf, or drunk with Milk, or diſtilled water of Mallows, and Plantaine, or of Milk.

Another Conſerve of Roſes.

Doctor *Bacon* related to me, that Mr. *Minito* the *Roman* Apothecary, made him ſome conſerve of Roſes, in this manner. He took twelve pounds (of ſixteen Ounces to the pound) of the beſt lump or Kitchin Sugar, and clarified it very well with whites of Eggs, uſing Spring-water in doing this. He made his reckoning, that his twelve pound of Sugar, came to be but nine pound, when all the ſcum was taken away, and the Sugar perfectly clarified. Boil it then to a Syrup, and when it is about half boiled, go roundly about your Roſe-leaves. They muſt be picked and the white nails cut off before-hand; but begin not to beat them before your Syrup is half boiled. Then put thirty Ounces (which is two pound and an half of Roſes to every pound of ſuch Sugar) of your Red-Roſes into the Mortar, and beat them well, ſqueeſing into them, as you beat them, ſome of the ſubtileſt and beſt part (which comes out firſt) of about two Limons, which brings out their colour

colour finely. You muſt have finiſhed beating your Roſes, by then the Sugar is come by boiling to a high Syrup (for if you ſhould let them lie ſtill in the Air, but a little while, they would grow black, and of ill colour) then with your ladle put the Roſes to the Sugar, and ſtir them very well in it, to Incorporate all well and uniformly together. So let them boil on gently (for all this while you take not your preſerving pan from the fire, and a thick ſcum of the Roſes will riſe, which you ſcum off from time to time continually as it comes up, and reſerve this in a pot by it ſelf, for it will be good hard Sugar of Roſes, and may be about an eight or ninth part of the whole. After it is clear from ſcum, and hath boiled near a quarter of an hour with the Roſes in it, and that you ſee by a drop upon a plate, that it is of a due conſiſtence; take your pan from the fire; and ſtir all very well together, and put it into pots, which leave uncovered during ten or twelve days, ſetting them in the hot ſtrong Sun all the day long during that time, to give the Roſes a fine hard cruſt or candy at the top; but under it, in the ſubſtance of the matter, it will be like a fine clear Syrupy gelly. If the Sun favour you not, then you may uſe a ſtove. After twelve days, tie covers of Paper, upon the pots.

Doctor *Bacon* uſeth to make a pleaſant Julep of this Conſerve of Roſes, by putting a

good ſpoonful of it into a large drinking glaſs or cup; upon which ſqueeſe the juyce of a Limon, and clip in unto it a little of the yellow rinde of the Limon; work theſe well together with the back of a ſpoon, putting water to it by little and little, till you have filled up the glaſs with Spring-water: ſo drink it. He ſometimes paſſeth it through an Hypocras bag, and then it is a beautiful and pleaſant Liquor.

FINIS.

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The End.

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BRITAN
NICVM